

A REFERENCE GUIDE TO AYURVEDIC PRACTICE

By
Dr. Ch. Murali Manohar M.D. (Ayu)



Publication Division
Raksha Ayurvedics
Hyderabad

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First Edition . 1996.

For copies :

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Raksha Ayurvedics, 8 - 3 - 320 / 1 / 16, Behind Sarathi Cine Studios,
Sai Sarathi Nagar, Yellareddyguda, Ameerpet, HYDERABAD - 500 073.
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Erragadda, Hyderabad - 38. Phone : 263191.

Price : Rs. 145 / -

Printed at PLANOGRAPHERS, Chirag ali lane, Hyderabad. Ph: 203390.

To my parents
Dr. Ch. Ranga Rao, M.D. (Ayu.) and Dr. Ch. Jhansi
who have been teaching me the
beauty of living and science of life,
the Ayurveda.

ACKNOWLEDGEMENTS

I would like to express my gratitude to :

The teachers, from whom I have been learning....

Dr. D. G. Wanjari, Reader, Govt. Ayu College, Nanded.

Dr. Ramniwas sharma, Hyderabad.

Dr. Balaraaja Maharshi, Hyderabad.

Dr. I. Sanjeeva Rao, Hyderabad.

Dr. Sripathi Rao, Hyderabad.

Dr. T. Srinivasa Rao, Add. Director, IM&H Dept., Hyderabad.

Dr. Narasimha reddy, principal, Govt. Ayu. College, Hyderabad.

My well wishers who encouraged me to formulate this book.....

Sri B. Aravinda reddy, Director, IM&H Dept., Hyderabad.

Dr. Sivanandam, Executive member, CCIM, Hyderabad.

Dr. M. Vaman Reddy, Member, CCIM, Hyderabad.

Dr. D. L. Narayana, IMIS, Vijayawada.

Mr. Srinivas, Manphar, Vijayawada.

Mr. Subbarao, MD & Mr. Srinivasarao, GM; Aswini, Hyderabad.

Dr. N. Satya prasad, Hyderabad.

Dr. Samala Ramesh Babu, Vijayawada.

My friends who helped me in framing the infrastructure....

Dr. T. Sai Kumar, Hyderabad.

Dr. N. Dharmanandan Raju, Hyderabad.

The contributing authors...

Dr. P. V. Sharma, Varanasi.

Dr. Bhagwandash, New Delhi.

Dr. Vasant Lad, New Mexico.

Dr. David Frawley, New Mexico.

My wife, Ch. Radha for typing the manuscripts and sorting the data.

My brother, Ch. Ramana Manohar, for his artistic and technical ideas in designing the cover page and type setting the inner matter.

All those pharmaceutical companies who offered their valuable support.

- Ch. Murali Manohar.

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1

INTRODUCTION

Ayurveda is the knowledge that deals with span and nature of life, its appropriate and in appropriateness, happy or sorrowful conditions of life and the auspicious or inauspicious things for longevity.

As we see, most of the western sciences are being learned with objectivity, mentality of reasoning, analysis and logical interpretations. Where as Ayurveda, the traditional medicine of India has been learned and practiced with observation, acceptance, experience, and with a subjective touch.

This holistic and individualized approach has created some sort of dilemma among the fresh professionals while incorporating the common methodology in treating ailments.

As far as Ayurveda is concerned, since a long time, it has been a lacuna that there is no single book which provides a brief, methodical, and practical information for fresh and professional physicians.

This book is an attempt to make the scattered information available at a place in a concise and methodical way which may be used as a "ready reckoner"

Ayurveda is the oldest and complete system of medicine in the world . It has been recorded in Sanskrit, the ancient language of India. Therefore, sometimes, the author " transliterates" Sanskrit terms to English when adequate English "translation" is not being made

Providing a common platform to different medical professionals, is the inner idea behind this work.

To make this book more "users friendly", we request the respondents to send their valuable suggestions and furnish the necessary information.

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FUNDAMENTALS OF AYURVEDA

Ayurveda means “The science of Life”. It includes 8 main branches. They are:

1. Kaaya chikitsa (Internal medicine)
2. Baala tantra (Pediatrics)
3. Bhoota graha chikitsa (Management of seizures and other mental disorders)
4. Oordhvaanga chikitsa / Saalaakya tantra (Treatment of supra-clavicular disorders)
5. Salya tantra (Surgery)
6. Agada tantra / Damshttra chikitsa (Toxicology / War medicine)
7. Jaraa chikitsa / Rasaayana tantra (Geriatrics including Rejuvenation therapy)
8. Vrushya chikitsa (Science of Aphrodisiacs)

According to Indian mythology, Ayurveda was first perceived by Lord Brahma, the God for Creation, from whom, it had spread extensively.

The present form of Ayurvedic literature includes important ancient Ayurvedic classics like Charaka samhita (mainly deals with internal medicine), Susruta samhita (mainly deals with surgical aspects), Kaasyapa samhita (deals with child diseases), Saarangadhara samhita (mainly deals with process and preparation of medicines), Maadava nidaana (deals with diagnostic aspects of diseases), Ashtaanga hrudaya & Bhaava prakaasa. Rasa saastra granthas deals extensively with mineral and metallic preparations. These are all original Sanskrit classics which in due course translated in to various Indian and foreign languages.

PANCHA MAHAA BHOOTA THEORY

Man perceives the things with 5 senses in 5 different forms. These senses are the basis for the division of entire universe in to five Mahaabhootas.

According to Ayurveda, nothing in this universe is devoid of pancha mahaa bhootas.

| Mahaa bhoota | Perceiving sense organ |
|------------------------------------|------------------------|
| 1 Pruthvi (Solid state / ?? Earth) | Nose |
| 2 Jala (Liquid state / ?? Water) | Tongue |
| 3 Agni (Energy / ?? Fire) | Eyes |
| 4. Vaayu (Gaseous state / ?? Air) | Skin |
| 5. Aakaasa (Space / ?? Ether) | Ears |

In human body, five mahaa bhootas are explained in terms of a) **Dosha**
b) **Dhaatu** and c) **Mala**.

In the drug, they represent, a) **Rasa** (Taste) b) **Guna** (Qualities) c) **Veerya** (Potency) and d) **Vipaaka** (Post digestive state of rasa)

Thus, the exogeneous mahaa bhootas are converted in to endogenous mahaa bhootas through the process of digestion and metabolism.

The panchabhautic composition of a substance from its properties or qualities may be determined basing of following chart.

| | Pruthvi | Jala | Tejas | Vaayu | Aakaa |
|---------------------------------------|---|---|--|--|-----------------------------------|
| <i>Main quality</i> | Smell | Taste | Vision | Touch | Sound |
| <i>Other qualities</i> | Heavy Tough Hard Stable Non slimy Dense Gross | Liquid Unctuous Cold Dull Soft Slimy | Hot Sharp Subtle Light Ununctuous Non-slimy | Light Cold Ununctuous Rough Non-slimy Subtle | Soft Light Subtle Smooth |
| <i>Promotin qualities in the body</i> | Plumpness Compactness Heavyness Stability | Stickiness Unctuousness Compactness Moistness Softness Happiness | Combustion Metabolism Lustre Radiance Colour | Roughness Aversion Movement Non-slimines Lightness | Softness Porosity Lightness |

According to Ayurveda, human body is composed of 3 fundamental elements called :

- 1) Doshas
- 2) Dhaatus and
- 3) Malas.

In a perfect and healthy state of the body,

- Doshas govern the physico-chemical and physiological activities of the body.
- Dhaatus play an important role in the formation of the basic structure of the body, there by performing some specific actions.
- Malas are partly utilised by the body and partly expelled in an altered form after performing their physiological functions.

Thus, Dosha, Dhaatu and Malas are being kept in a dynamic state of equilibrium to maintain the positive health. Any disturbance in their relative preponderance in the body will lead to disease.

TRIDOSHA THEORY

Tri (3) doshas are -

- 1) Vaata
- 2) Pitta and
- 3) Kapha.

It is clear that, Tridoshas govern the physico-chemical and physiological activities of the body in a balanced state and diseases in a disturbed state. Thus, this doctrine of Tridoshas forms the basis for the maintenance of positive health and diagnosis as well as treatment of diseases. Appreciation of this doctrine is essential for proper understanding and interpretation of the theory and practice of Ayurveda.

The following chart illustrates and demonstrates the concept of Tridoshas.

| VAATA | PITTA | KAPHA |
|-------|-------|-------|
|-------|-------|-------|

1. Predominent pancha bhautic composition

| | | |
|------------------|--------------|-----------------|
| Aakaasa Vaayu | Agni Jala | Jala Pruthvi |
|------------------|--------------|-----------------|

2. Primary qualities

| | | |
|----------|-----------------|--------|
| Dry | Little oily | Wet |
| Light | Sharp | Cold |
| Cold | Hot | Heavy |
| Rough | Light | Dull |
| Subtle | Unpleasant odor | Sticky |
| Agitated | Mobile | Soft |
| | Liquid | Firm |

3. Primary site of the doshas in the body

| | | |
|-------|------------------|---------|
| Colon | Small intestines | Stomach |
|-------|------------------|---------|

4. Common locations of the doshas in the body

| | | |
|-----------------|------------------|----------|
| Colon | Small intestine | Chest |
| Thighs | Stomach | Throat |
| Ears | Sweat | Head |
| Bones | Sebaceous glands | Pancreas |
| Organs of touch | Blood | Sides |
| | Lymph | Stomach |
| | Organ of vision | Lymph |
| | | Fat |
| | | Nose |
| | | Tongue |

5. Actions of the Doshas on the Body and Mind (in a balanced state)

| | | |
|------------------------|----------------------|--------------------------------|
| Sustains effort | Digestion | Stability |
| Exhalation | Heat | Lubrication |
| Inhalation | Visual perception | Holding together of the joints |
| Movement | Hunger | Patience |
| Discharge of impulse | Thirst | |
| Equilibrium of tissues | Lustre | |
| Coordination of senses | Complexion | |
| | Understanding | |
| | Intelligence | |
| | Courage | |
| | Softness of the body | |

| VAATA | PITTA | KAPHA |
|-------|-------|-------|
|-------|-------|-------|

6. Divisions of Doshas

| | | |
|------------|--------------|---------------|
| 1. Praana | 1. Paachaka | 1. Kledaka |
| 2. Udaana | 2. Ranjaka | 2. Avalambaka |
| 3. Samaana | 3. Saadhaka | 3. Bodhaka |
| 4. Apaana | 4. Aalochaka | 4. Tarpaka |
| 5. Vyaana | 5. Bhraajaka | 5. Sleshaka |

7. Symptomatic manifestations of Aggravated state of Doshas

| | | |
|------------------------|--|------------------------------|
| Emaciation | Yellow colour of stool, urine, eyes and skin | Depression of digestive fire |
| Debility | Hunger | Nausea |
| Liking of warmth | Thirst | Lethargy |
| Tremors | Burning sensation | Heaviness |
| Distention | Difficult sleeping | Looseness of the limbs |
| Sensory disorientation | | Cough |
| Incoherent speech | | Breathing difficulty |
| Dizziness | | Excessive sleeping |
| Confusion | | White colour |
| Depression | | Chills |
| Constipation | | |
| Insomnia | | |

8. Factors responsible for aggravation of Doshas

| | | |
|--|--|---|
| Suppression of manifested natural urges | Excessive intake of pungent and sour things, alcoholic preparations, saline, hot, sharp and things which cause burning sensation | Sleep during the day time |
| Taking food before the previous meal is digested | Anger | Intake of sweet things, cold things, fish, meat, heavy, sour and slimy things, preparations of sesamum, sugarcane and milk, unctuous things |
| Remaining awake for long at night | Excessive exposure to sun and fire | Intake of food even after satisfaction |
| Speaking with a loud voice | Fear | Intake of diet and drinks containing salt and water in excess |
| Physical exercise in excess of one's capacity | Fatigue | During spring season |
| Exposure to jerks because of travelling on a vehicle for a long time | Intake of dry vegetables and alkalies | |
| Intake of ingredients having pungent, bitter and astringent tastes | Indigestion | |
| Intake of dry fruits | Irregularity in taking food | |
| Excessive worry | Autumn season | |

| VAATA | PITTA | KAPHA |
|-----------------------|-------|-------|
| Sexual indulgence | | |
| Fear | | |
| Fasting | | |
| Cold | | |
| Grief | | |
| Onset of rainy season | | |

9. Signs and symptoms of aggravated doshas

| | | |
|--|-------------------------------------|----------------------------------|
| Collapse | Burning sensation | Phlegm |
| Spasms | Redness | Hardness of tissue |
| Piercing pain | Feeling hot | Itching |
| Numbness | Boils | Cold sensation of the skin |
| Depression | Sweating | Heavyness |
| Breaking pain | Pus formation | Congestion |
| Striking pain | Bleeding | Obesity |
| Biting pain | Necrosis | Edema |
| Constipation | Exhaustion | Indigestion |
| Cracking of joints | Fainting Inebriation | Excessive sleeping |
| Contraction | Pungent and sour taste in the mouth | White colour |
| Retention of waste materials in the body | Discolorations | Sweet and salty tastes to notice |
| Excitability | | |
| Thirst | | |
| Trembling | | |
| Roughness of skin | | |
| Porosity of tissues | | |
| Dehydration | | |
| Agitated movement | | |
| Stiffness | | |
| Astringent taste in mouth | | |
| Dark or reddish brown discolouration | | |

10. Symptoms of Doshas when low or deficient

| | | |
|-------------------------------------|-----------------------------|-------------------------------------|
| Lassitude of the limbs | Weakness of digestive power | Feeling of emptiness in the stomach |
| Deficiency of speech and enthusiasm | Cold | Palpitations |
| Confusion of perception | Lack of lustre | Loosening of the joints |
| Increase in phlegm | | |
| Production of toxins (Aama) | | |

| | VAATA | PITTA | KAPHA |
|--|---|---|--|
| 11. Determining the prakruti (natural constitution) of the individual | | | |
| Arms | Thin Small Poorly developed | Medium | Large Thick Long Well developed |
| Appetite | Variable Erratic | Strong Sharp | Constant Low |
| Activity | Quick Fast Unsteady Erratic | Medium Motivated Purposeful Goal seeking | Slow Steady Stately |
| Body odor | Scanty No smell | Profuse Hot Strong smell | Moderate Cold Pleasant smell |
| Complexion | Dull Brown Darkish | Red Ruddy Flushed | White Pale |
| Chest | Thin Small Narrow Poorly developed | Medium | Broad Large Overly developed |
| Calves | Small Hard | Loose Soft | Round Sharp Firm |
| Dreams | Flying Moving Restless Nightmares | Colourful Passionate Conflict | Romantic Sentimental Few |
| Eyebrows | Small Dry Firm | Moderate Fine | Thick Bushy Many |
| Eyelashes | Small Dry Firm | Small Thin Fine | Large Thick Oily Firm |
| Eyes | Small | Medium | Wide |

| | VAATA | PITTA | KAPHA |
|----------------------|---|---|---|
| | Dry Thin Brown Dull Unsteady | Thin Red (inflamed) Green Piercing | Prominent Thick Oily White Attractive |
| Emotional tendencies | Fearful Anxious Nervous | Angry Irritable Contentious | Calm Content Attached Sentimental |
| Frame | Tall Thin Short Poor physique | Medium height Moderate physique | Short Stout Big Good physique |
| Fore head | Small | Folded | Large |
| Feet | Small Thin Dry Rough Fissured Unsteady | Medium Soft Pink | Large Thick Hard Firm |
| Feces | Scanty Dry Hard Difficult or painful Gas Constipating nature | Abundant Loose Diarrhoeal tendency Burning sensation | Moderate Solid Mucoid |
| Faith | Erratic Changeable Rebel | Determined Fanatic Leader | Constant Loyal Conservative |
| Hair | Scanty Coarse Dry Brown Wavy | Moderate Fine Soft Early grey or bald | Abundant Oily Thick Wavy Lustrous |
| Head | Small Unsteady | Moderate | Large Steady |
| Hands | Small Thin | Medium Warm | Large Thick |

| | VAATA | PITTA | KAPHA |
|---------------|--|---|---|
| | Dry Cold Rough Fussured Unsteady | Pink | Oily Cool Firm |
| Habits | Likes... Moving Travelling Perks Plays Jokes Stories Dancing Artistic activities | Likes... Sports Politics Painting Hunting | Likes.. Water Sailing Flowers Cosmetics Business |
| Joints | Small Thin Dry Unsteady Cracking | Medium Soft Loose | Large Thick Well built |
| Lips | Thin Small Darkish Dry Unsteady | Medium Soft Red | Thick Large Oily Smooth Firm |
| Mental nature | Quick Adaptable Indecisive | Intelligent Penetrating Critical | Slow Steady Dull |
| Memory | Poor Easily grasps and easily forgets | Sharp Clear | Slowly grasps and will not forget |
| Nails | Small Thin Dry Rough Darkish | Medium Soft Pink | Large Thick Smooth White Firm Oily |
| Nose | Thin Small Dry Crooked | Medium | Thick Big Firm Oily |

| | VAATA | PITTA | KAPHA |
|--------------------------|--|---|---|
| Pulse | Thready Rapid Irregular Weak Like a snake | Wiry Bounding Moderate Like a frog | Deep Slow Steady Rolling Slippery Like a swan |
| Resistance to disease | Poor Variable Weak immunity | Medium Prone to infections | Good Consistent Strong immunity |
| Reactions to medications | Quick Low dosage needed Unexpected side effects or nervous reactions | Medium Sensitive to NSAIDs and Aspirin etc | Slow High dosage required Effects will be manifested slowly |
| Skin | Thin Dry Cold Rough Cracked Prominent veins | Warm Moist Pink With moles With freckles With acne | Thick White Moist Cold Soft Smooth |
| Skin nature | Thin Dry Cold Rough Cracked Prominent veins | Warm Moist Pink With moles With freckles With acne | Thick White Moist Cold Soft Smooth |
| Shoulders | Thin Small Flat | Medium | Broad Thick Firm Oily |
| Speech | Quick Inconsistent Erratic Talkative | Moderate Argumentative Convincing | Slow Definite Not talkative |
| Sleep | Light Tends towards insomnia | Moderate May wake up but will fall asleep again | Heavy Difficulty in waking up |
| Sensitivity | Fear of cold wind Sensitive to dryness | Fear of heat Dislike of sun, fire | Fear of cold, damp Likes wind and sun |

| | VAATA | PITTA | KAPHA |
|--------------------------|--|---|--|
| Sexual nature | Variable Erratic Deviant Strong desire but low energy Few children | Moderate Passionate Quarrelsome Dominating | Low but constant sexual desire Good sexual energy Devoted Many children |
| Strength exertion | Low Poor endurance Starts and stops quickly | Medium Intolerant of heat | Strong Good endurance but slow in starting |
| Tendency towards disease | Nervous system diseases Pain Arthritis Mental disorders | Febrile diseases Infections Inflammatory diseases | Respiratory system diseases Mucous Oedema |
| Teeth and gums | Thin Dry Small Rough Crooked Receding gums | Medium Soft Pink Bleed easily | Large Thick Soft Pink Oily |
| Urine | Scanty Difficult Colourless | Profuse Yellow Red Burning | Moderate Whitish Milky |
| Voice | Low weak Hoarse | High pitch Sharp | Pleasant Deep Good tone |
| Weight | Low Prominent bones | Moderate Good muscles | Heavy Tends towards obesity |

12. Symptoms of aggravated doshas

| | | | |
|--------|---|---|---------------|
| Colour | Black Brown Blue black Blue Pink Decrease of colour Absence of colour | Red Purple Yellow Green Green Black Smoky | White Pale |
|--------|---|---|---------------|

| | VAATA | PITTA | KAPHA |
|-------------------------------|---|---|---|
| Discharges | Gas Sound (Cracking of joints etc) | Bleeding Pus Bile | Mucous Salivation |
| Exogenous aggravating factors | Wind Cold Dryness | Heat Sun Fire Humidity | Dampness Cold |
| Feces | Constipation Painful and difficult bowel movements Dry Small in quantity | Diarrhoea Watery stools Quick or uncontrollable evacuation Burning sensation Increased frequency Moderate amount | Solid Decreased frequency Large amount Contains mucus Itching |
| Intestines | Dry Peristalsis disorders Distention Gas Constipation | Profuse secretions Quick peristalsis Inflammation Ulceration Abscesses Tumors Cancer Bleeding Perforation | Mucous coating Slow peristalsis Obstruction Oedema Tumors |
| Fever | Moderate temp Variable fever Irregular fever Thirst Anxiety Restlessness | Highest temp Burning sensation Thirst Sweating Irritability Delirium | Low grade fever Dullness Heaviness Constant elevated temp. |
| Liver and gall bladder | Dry Rough Scanty secretions Irregular activity | Soft Excessive bile production Gall stones Inflammation Abscesses Increased activity | Enlarged Heavy Firm Scanty bile Decreased activity |
| Mind and senses | Delusion Fear Apathy Sorrow Loss of consciousness | Weakness of senses Intoxication Restlessness Violent emotions Delirium | Slow perception Lack of desire Lethargy Stupor Excessive sleeping |

| | VAATA | PITTA | KAPHA |
|-----------------------------|--|--|--|
| | Insomnia Desire for hot Hatred of cold things | Loss of sleep Dizziness Fainting Desire for cold things | Desire for hot things |
| Mouth | Astringent taste Dry | Bitter or pungent taste Increased salivation | Sweet or salty taste Profuse salivation Mucoid discharge |
| Onset of disease | Rapid Variable Irregular | Medium With fever | Slow Constant |
| Pain | Most severe Throbbing Biting Churning Beating Tearing Variable Migratory Intermittent | Medium Burning Steaming | Least Heavy Dull Constant |
| Sweat | Scanty Irregular | Profuse Hot | Moderate Constant |
| Stomach | Decreased secretions Irregular appetite Frequent eructation (belching & heccup) Constriction sense | Excessive appetite Sour or pungent eructation Burning sensation Ulcers & Cancers | Slow digestion Sweet or mucoid eructation |
| Seasons when aggravated | Fall Early winter | Summer Late spring | Late winter Early spring |
| Throat | Dry Rough Pain Constriction of oesophagus | Sore throat Inflammation Burning sensation | Swelling Dilation Oedema |
| Time of day when aggravated | Dawn Dusk | Noon Midnight | Mid-morning Mid-evening |

| | VAATA | PITTA | KAPHA |
|-------|---|--|--|
| Urine | Scanty Difficult to discharge Increased frequency Absence of urination Colourless urine | Profuse With burning sensation Increased frequency Yellow Turbid Brownish red urine | Profuse Decreased frequency Mucoid |

13. Remedial measures of ailments caused by aggravation of Doshas

| | | |
|--|--|---|
| Drinks, Diet, Regimens and Medicines which are.. | Drinks, Diet, Regimens and Medicines which are | Drinks, Diet, Regimens and Medicines which are . |
| Unctuous, Hot, Stable, Aphrodisiac, Strength Promoting, Saline, Sweet, Sour etc., | Bitter, Sweet, Astringent etc., And .. | Rough, Alkaline, Astringent, Bitter, Pungent etc , And . |
| And. . | Cold wind | Exercise |
| Oils | Shade | Spitting therapy |
| Exposure to Sun | Night | Sexual indulgence |
| Bath | Water | Walking |
| Massage | Moon rays | Fighting |
| Enema | Underground residence | Remaining awake |
| Inhalation therapy | Fountain | Aquatic games |
| Sleep | Lotus | Putting pressure on body with feet |
| Taking rest | Embracing the body of females | Smoking |
| Application of hot ointments | Ghee | Exposure to heat and sun-rays |
| | Milk | Errhine therapy |
| | Purgation | Fomentation |
| | Sprinkling of water | Application of hot oint. |
| | Blood letting | |
| | Anointment | |

14. Diseases (primarily caused by Doshas)

| | | |
|--|-------------------------------|---|
| 1 Nakha bheda (cracking of nails) | 1. Osha (heating) | 1 Trupty (anorexia nervosa) |
| 2. Vipadikaa (cracking of feet) | 2 Plosa (scorching) | 2 Tandraa (drowsiness) |
| 3 Paada soola (pain in foot) | 3 Daaha (burning) | 3 Nidraadhikya (excessive sleep) |
| 4 Paada bhramsa (foot droop) | 4 Daavathu (boiling) | 4 Stairitya (timidness) |
| 5 Paada suptataa (numbness of foot) | 5 Dhoomaka (fuming) | 5. Gurugaatrataa (heaviness of the body) |
| 6 Vaata khuddataa (club foot) | 6 Amlaka (acid eructation) | 6. aalasya (laziness) |

| VAATA | PITTA | KAPHA |
|--|--|--|
| 7. Gulpha graha (stiff ankle) | 7 Vidaaha (burning pain in chest) | 7 Mukha maadhurya (sweet taste in mouth) |
| 8. Pindikodveshtana (cramps in the calf) | 8. Antardaaha (burning pain in body) | 8 Mukha sraava (salivation) |
| 9 Grudhrasee (sciatica) | 9. Amsa daaha (shoulder pain, burning) | 9 Sleshmodgeerana (mucous expectoration) |
| 10. Jaanu bheda (genu verum) | 10. Ooshmaadhikya (excessive temperature) | 10. Malaadhikya (excessive stools) |
| 11 Jaanu vislesha (genu vulgum) | 11 Ati sveda (excessive sweating) | 11 Balasaada (loss of strength) |
| 12 Ooru stambha (stiffness of thigh) | 12 Anga gandha (foetid odoured body) | 12. Apakti (indigestion) |
| 13. Ooru saada (pain in the thigh) | 13 Angaavadarana (cracking pain in body) | 13. Hrudayopalepa (phlegm coated heart) |
| 14 Paangulya (paraplegia) | 14. Sonita kleda (sloughing of blood) | 14 Kanthopalepa (phlegm coated throat) |
| 15 Gudabhramsa (prolapse rectum) | 15 Maamsa kleda (sloughing of muscle) | 15. Dhamaneepratchaya (hardening of vessels) |
| 16 Gudaarti (tenasmus) | 16. Tvag daaha (burning pain of skin) | 16. Gala ganda (gorter) |
| 17 Vrushanaakshepa (pain in scrotum) | 17. Tvagaavadarana (Skin cracking) | 17. Ati sthauilya (obesity) |
| 18 Sepha stambha (stiffness of penis) | 18 Charmadalana (itching of the skin) | 18 Seetaagnitva (Digestive suppression) |
| 19 Vankshanaanaaha (tension of groin) | 19 Rakta koshta (urticaria) | 19 Udarda (urticaria) |
| 20 Sronibheda (pelvic girdle pain) | 20. Rakta visphota (red vesicle) | 20 Svetaavabhaasataa & sveta mootranetra varchasatva (pallor and whiteness of urine, eyes and feces) |
| 21. Vidbheda (diarrhoea) | 21 Rakta pitta (bleeding tendency) | |
| 22 Udaavarta (misperistalsis) | 22 Rakta mandala (red wheals) | |
| 23. Khanjatva (lameness) | 23 Hantatva (greenishness) | |
| 24. Kubjatva (kyphosis) | 24 Hardratva (yellowishness) | |
| 25 Vaamanatva (dwarfism) | 25. Neelika (blue moles) | |
| 26. Trika graha (arthritis of sacroiliac jt) | 26 Kakshaa (herpes) | |
| 27 Prushtha graha (stiffness of back) | 27. Kaamala (jaundice) | |
| 28 Paarsvaavamarda (pain in chest) | 28 Tiktaasyataa (bitter taste in mouth) | |
| 29 Udaraaveshta (abdominal griping pain) | 29 Lohita gandhaasyata (blood smelling mouth) | |

| VAATA | PITTA | KAPHA |
|--|--|-------|
| 30. Hrunmoha (bradycardia) | 30. Pooti mukhataa (foetid odour of mouth) | |
| 31. Hruddrava (tachycardia) | 31. Trushnaadhikya (excessive thirst) | |
| 32. Vaksha uddharda (rubbing pain in chest) | 32. Atrupti (non satisfaction) | |
| 33. Vaksha uparodha (restricted chest move) | 33. Aasya vipaaka (stomatitis) | |
| 34. Vakshastoda (stabbing pain in chest) | 34. Gala paaka (pharyngitis) | |
| 35. Baahu sosha (atrophy of arm) | 35. Akshi paaka (conjunctivitis) | |
| 36. Greevaastambha (stiffness of neck) | 36. Guda paaka (proctitis) | |
| 37. Mansyaa stambha (torticollis) | 37. Medhra paaka (inflamaation of panis) | |
| 38. Kanthoddhvamsa (hoarseness of voice) | 38. Jeevaadaana (haemorrhage) | |
| 39. Hanu bheda (pain in jaw) | 40. Harita haridra netra mootra varchasatva (greenish and yellowish colouration of eyes, urine and faeces) | |
| 40. Oshtha bheda (pain in leg) | | |
| 41. Akshi bheda (pain in eye) | | |
| 42. Danta bheda (tooth ache) | | |
| 43. Danta saithilya (Looseness of tooth) | | |
| 44. Mookatva (aphasia) | | |
| 45. Vaaksanga (lulling speech) | | |
| 46. Kashaayaasyataa (astringent taste in mouth) | | |
| 47. Mukha sosha (dryness of the mouth) | | |
| 48. Arasajnataa (ageusia) | | |
| 49. Ghraana naasa (anosmia) | | |
| 50. Karna soola (ear ache) | | |
| 51. Asabda sravana (tinitus) | | |
| 52. Uchchaih sruti (hard of hearing) | | |

| VAATA | PITTA | KAPHA |
|--|-------|-------|
| 53 Baadhira (deafness) | | |
| 54. Vartmastambha (ptosis of eye lid) | | |
| 55 Vartma sankocha (entropion) | | |
| 56 Timira (cataract) | | |
| 57 Akshi soola (pinching pain in eye) | | |
| 58 Akshi vyoosaasa (ptosis of the eye ball) | | |
| 59 Sankha bheda (pain in temporal region) | | |
| 60. Bhroovyoodaasa (ptosis of eye brow) | | |
| 61. Lalaata bheda (pain in frontal region) | | |
| 62. Siroruk (head ache) | | |
| 63 Kesa bhoomi sphutana (dandruff) | | |
| 64 Arditā (facial paralysis) | | |
| 65 Ekaanga roga (monoplegia) | | |
| 66 Sarvaanga roga (polyplegia) | | |
| 67 Pakshavadha (hemiplegia) | | |
| 68. Aakshepaka (clonic convulsions) | | |
| 69. Dandaka (tonic convulsions) | | |
| 70. Tama (fainting) | | |
| 71. Bhrama (giddiness) | | |
| 72 Vepathu (tremor) | | |
| 73. Jrumbhaa (yawning) | | |
| 74 Hikkaa (hiccups) | | |
| 75 Vishaada (asthenia) | | |

| VAATA | PITTA | KAPHA |
|---|-------|-------|
| 76 Ati pralaapa (delirium) | | |
| 77 Rauksha paarushya (dryness and hardness) | | |
| 78 Syaavaarunaava bhaasataa (dusky red appearance) | | |
| 79 Asvapna (sleeplessness) | | |
| 80. Anavasthita chittatva (unstable mentality) | | |

15. Food items recommended

| | | | |
|------------|-------------------|-------------------------|---------------------------|
| Fruits | Sweet fruits | Sweet fruits | Apples |
| | Apricots | Apples | Apricots |
| | Avocado | Avocado | Berries |
| | Bananas | Coconut | Cherries |
| | Berries | Figs | Cran berries |
| | Cherries | Grapes (dark) | Figs (dry) |
| | Coconut | Mango | Mango |
| | Figs (fresh) | Melons | Peaches |
| | Grape fruits | Oranges (sweet) | Pears * |
| | Grapes | Pears | Persimmon |
| | Lemons | Pine apple (sweet) | Pomegranate |
| | Mango | Plums (sweet) | Prunes |
| | Melons (sweet) | Pomegranate | Raisins |
| | Oranges (sweet) | Prunes | |
| | Papaya | Raisins | |
| | Peaches | | |
| | Pine apples | | |
| | Plums | | |
| Oils | All oils are good | Coconut | In small amounts |
| | | Olive | Almond |
| | | Sunflower | Corn |
| | | Soy | Sunflower |
| Vegetables | Cooked vegetables | Sweet & bitter veg'bles | Pungent & bitter veg'bles |
| | Asparagus | Asparagus | Asparagus |
| | Beets | Broccoli | Beets |
| | Carrots | Brussels | Broccoli |
| | Cucumber | Sprouts | Brussel sprouts |
| | Garlic | Cabbage | Cabbage |
| | Green beans | Cucumber | Carrots |
| | Okra (cooked) | Cauliflower | Cauli flower |
| | Onion (cooked) | Celery | Celery |
| | Potato (sweet) | Green beans | Egg plant |
| | Radishes | Leafy greens | Garlic |

| | VAATA | PITTA | KAPHA |
|-------------|-------------------------------------|---|--|
| | Zucchini | Lettuce Mushrooms Okra Peas Parsley Peppers (green) Potato Sprouts Zucchini | Leafy greens Lettuce Mushrooms Okra Onions Parsley Peas Peppers Potatoes (white) Radishes Spinach Sprouts |
| Nuts | Allowed in small amounts | Coconut | |
| Grains | Oats (cooked) Rice Wheat | Barley Oats (cooked) Rice Wheat | Barley Corn Millet Oats (dry) Rice Rye |
| Seeds | Allowed in small amounts | Sunflower Pumpkin | Sunflower Pumpkin |
| Animal food | Beef Chicken Eggs Sea food | Chicken Eggs Rabbit Shrimp | Chicken Eggs Rabbits Shrimp Vanison |
| Dairy | Allowed in moderate quantities | Butter Cheese Ghee Milk | Ghee Goat milk |
| Legumes | Mung Tofu Black & Red Lentils | All are allowed except, Lentils | All are allowed except Kidney beans, Soy beans, Black lentils, Mung beans |
| Condiments | All spices are allowed | Except Coriander, Cinnamon | Except salt |
| Sweetners | Except white sugar | Except molasis & Honey | Raw honey |

| | VAATA | PITTA | KAPHA |
|---|--|---|--|
| 16. Food items which are not recommended | | | |
| Fruits | Dried fruits Apples Cran berries Pears Persimmon Pomegranate Watermelon | Sour fruits Apricots Berries Bananas Cherries Cran berries Grape fruits Grapes (green) Lemons Oranges (sour) Papaya Peaches Pine apples (sour) Plums (sour) Persimmon | Sweet & Sour fruits Avocadi Bananas Coconut Figs (fresh) Grape fruit Grapes Lemons Melons Oranges Papaya Pine apples Plums |
| Oils | | Almond Corn Safflower Sesame | All oils except Almond Corn Sunflower |
| Vegetables | Raw vegetables Broccoli Brussels Sprouts Cabbage Cauliflower Celery Egg plant Leafy greens Lettuce Mushrooms Onions (raw) Parsley Peas Peppers Potatoes (white) Spinach Sprouts Tomatoes | Punjant vegetables Beets Carrots Egg plants Garlic Onions Peppers Radishes Spinach Tomatoes | Sweet & Juicy veg'bles Cucumber Potatoes (sweet) Tomatoes Zucchini |
| Grains | Barley Buck wheat Corn Millet | Buck wheat Corn Millet Oats (dry) | Oats (cooked) Rice Wheat |

| | VAATA | PITTA | KAPHA |
|--------------|--|--|--|
| | Oats (dry) Rye | Rice (brown) Rye | |
| Seeds | | All seeds except Sunflower Pumpkin | All seeds except Sunflower Pumpkin |
| Animal food | Lamb Pork Rabbit Venison | Beef Eggs Lamb Pork Seafood | Beef Lamb Pork Seafood |
| Dairy | | Butter Cheese Sour cream Yogurt | All except, Ghee Goats milk |
| Legumes | All except, Mung beans Tofu Black & Red Lentils | Lentils | Kidney beans Soy beans Black lentils Mung beans |
| Condiments - | | Coriander Cinnamon | Salt |
| Nuts | | All except Coconut | All nuts |

CONCEPT OF SAPTA DHAATU

In Ayurveda, the basic tissue elements of the human body are termed as "dhaatu". They are seven in number,

- 1) Rasa (Chyle including lymph)
- 2) Rakta (Haemoglobin fraction of the blood)
- 3) Maamsa (Muscle tissue)
- 4) Medas (Fat tissue)
- 5) Asthi (Bone tissue)
- 6) Majja (Bone marrow)
- 7) Sukra (Sperm in male and Ovum in female)

These dhaatus remain inside the human body of the individual in a

particular proportion, and any change in their equilibrium leads to disease and decay.

CONCEPT OF MALA

The three important waste products of the body - *pureesha* (Stool), *Mootra* (Urine) and *Sweda* (Sweat) are called as malas. Their *proper* elimination is essential for the maintenance of health of the individual.

Thus, health according to Ayurveda is balanced (inter-intra) state of all the Doshas, Dhatus and Malas. Ayurveda deals with the total human being comprising of 'Tridoshas', 'Dhatus' and 'Malas' and the relationship of his totality with the outside world or the universe.

Publications consulted

- 1 Ayurveda The Science of Self-Healing by Dr Vasant Lad (Lotus press, Santa Fe, New Mexico, 1984)
- 2 Ayurvedic Healing A Comprehensive Guide by Dr David Frawley (Passage Press, Salt Lake City, Utah, 1989)
- 3 Fundamentals of Ayurvedic Medicine by Dr Bhagwan Dash (Konark Publishers, Delhi, India)
- 4 Ayurvedic Formulary of India, 1976, New Delhi
- 5 Drayyaguna Vigyan by Dr P V Sharma (Chowkhamba Vidya Bhawan, 1956.)

THERAPEUTIC INDEX

A. CLASSICAL / TEXTUAL / SASTREEYA PREPARATIONS

PART - 1

Notes on using therapeutic index

- All entries follow the under mentioned style
Disease / Symptom / Sign / Morbid condition
Name of compound formulation, Dosage, Vehicle & (Reference book).
- This index lists out the medicinal preparations under each heading of morbid condition. The Sanskrit names of these morbid or diseased conditions are retained. If the user is not acquainted with Sanskrit terms, he is directed to go through the cross reference list for English equivalents of Sanskrit terms given in part 2 of this index.
- Doses mentioned are suitable for adults and on the medical practitioners own judgement can be repeated 3 to 4 times in 24 hours
- Medicines should be administered orally (by mouth) unless and otherwise specified in other routes.
- Doses are expressed in metric system of weights and measures. The terms "ml", "mg", "g" etc are used as short designation for milliliter, milligram, gram respectively
- For the desired result, it is advisable to administer the medicine along with one of the prescribed vehicle (anupaana)
- Apart from thousands of classical formulations, only those which are widely accepted and freely available are included in this index. Pharmaceutical companies are manufacturing and marketing these shastric medicines with the same name
- If the ghee or honey is given as vehicle, cold water should not be given for one hour. If needed, lukewarm water may be given.

○ For an early and increased action of medicine, it should be given on empty stomach.

○ When compared to pills and powders, liquid preparations like Aasavaarishtas are more potent. So, in cases where better and prompt result is expected, it is a wise practice to prefer liquid preparations instead of pills and powders.

○ It is not true that indiscriminate usage of Ayurvedic medicines, especially rasa preparations will cause nothing. If usage of these medicines for a prolonged period is highly indicated, then it is better to give a pause.

○ While using rejuvenators and aphrodisiacs, it is important for the individuals to abstain from sexual activity.

○ It is advisable to ask the patient to crush the solid pills like guggulu with teeth before consuming. Otherwise, the pills due to their binding nature may be excreted as it is.

○ For the ingredients of each preparation, reader is directed to refer the original classics. Providing such type of information is beyond the scope of present edition. However, in the subsequent editions, we may overcome this difficulty.

○ Abbreviations of referred books while making this index are

| | | |
|------|---|--|
| AAS | - | Aayurveda Aushadhi guna dharma Saastra |
| ASS | - | Aayurveda Saara Sangraha |
| AP | - | Arka Prakaasa |
| AH | - | Ashtaanga Hrudaya |
| AS | - | Astaanga Sangraha |
| Ay.P | - | Ayurveda Prakaasa |
| Ba.R | - | Basava Raajiyam |
| BBR | - | Bhaarata Bhaishajya Ratnaakara |
| BP | - | Bhaava Prakaasa |
| BR | - | Bhaishajya Ratnaavali |
| CD | - | Chakra Datta |
| CS | - | Charaka Samhitaa |
| GN | - | Gada Nigraha |
| PI | - | Pharmacopoeia of Integrated medicine |
| RS | - | Rasa raaja Sundara |
| RRS | - | Rasa Ratna Samuchchaya |
| RT | - | Rasa Taranginii |

| | | |
|------|---|--|
| RYS | - | Rasa Yoga Saagara |
| RM | - | RasaamrutaM |
| RSSP | - | Rasatantra Saara Siddha Prayoga sangraha |
| RSS | - | Rasendra Saara Sangraha |
| SS | - | Saarangadhara Samhitaa |
| SY | - | Sahasra Yoga |
| SBM | - | Siddha Bhaishajya Manimaalaa |
| SYS | - | Siddha Yoga Sangraha |
| Su.S | - | Susruta samhita |
| VJ | - | Vaidya Jeevanam |
| VY | - | Vaidya Yogaratnaavalee |
| YR | - | Yoga Ratnaakara |

○ „ Selection of the medicine(s) from the list under each disease is left to medical practitioner. Different types and forms of medicines appearing in this index are :

Aasava and Arishta : These are medicinal preparations made by soaking the drugs, either in powder form or in the form of decoction (Kashaaya), in a solution of sugar or jaggery, as the case may be, for a specified period of time. During this period, it undergoes a process of fermentation generating alcohol, thus facilitating the extraction of the active principles contained in the drugs. *Potency period : Indefinite.*

Arka . This is a liquid preparation obtained by distillation of certain liquids or drugs soaked in water.

Avaleha or Leha and Paaka : These are semisolid form of drugs, prepared with the addition of jaggery, sugar or sugar-candy and boiled with prescribed drug juice or decoction. *Potency period : One year.*

Kvaatha choorna : These are the powder form of certain drugs or combination of drugs which are made into coarse powder and kept for preparation of kashaaya (decoction). *Potency period : One year.*

Guggulu : Preparations having the exudate of the plant, Commiphora mukul as main effective ingredient are known as Guggulu, which are usually presented in the form of pills. *Potency period : Two years.*

Ghruta or Sneha kalpa : These are the preparations in which ghee is boiled with prescribed kashaaya (decoction) and kalka (paste) of drugs. This process ensures the ghee to absorb the active therapeutic principles of the ingredients. Before administration, Ghruta should be warmed indirectly. If the vehicle is not specified, it should be taken along with warm water or

warm milk. *Potency period : Sixteen months.*

Choorna : This is the fine powder of drug or drugs. *Potency period : One year.*

Taila : These are preparations in which taila (oil) is boiled with prescribed kashaaya (decoction) and kalka (paste) of drugs. This process ensures the oil to absorb the active therapeutic principles of the ingredients. Tailas are generally used for external application. Some of them are also used internally along with the prescribed vehicle (anupaana). When no such vehicle is mentioned, it should be taken with warm water or warm milk. *Potency period : Sixteen months.*

Draavaka . These are liquid preparations obtained from lavana (salt) and kshaara (alkaline substance) by distillation process with or without addition of fluids. *Potency period : Indefinite.*

Lavana kshaara : These are the alkaline substances obtained from the ash of drug or drugs. *Potency period : Indefinite*

Lepa : Medicines in the physical form of a paste used for external application are called as lepa. *Potency period : Vegetable preparations ; Thirty days. Mineral and Metallic preparations ; Indefinite period.*

Vatee and Gutikaa : Medicines prepared in the form of flat tablets or rounded pills are known as Vatee and Gutikaa. These medicines are made up of one or more drugs of plant, animal or mineral origin. *Potency period : Vegetable origin : Two years. Mineral origin : Indefinite period.*

Vartti, Netrabindu and Anjana : These medicines are used externally in eye disorders in various forms like ointment, drops etc. *Potency period : Vegetable origin : One year Mineral origin : Indefinite period.*

Sattva : This is a water extract from solid drug(s)

Koopeepakva Rasaayana : These medicines are prepared from drugs of mineral and metallic origin (rasaushadhi) by a very specialized procedure using some special devices like Kaacha koopi (glass flask), Vaalukaa yantra etc. *Potency period : Indefinite.*

Parpatee : Parpatee is a rasa (mercurial) preparation. In this procedure, the flakes of the compound are obtained. Hence it is named so. *Potency period : Indefinite.*

Pishtee : These are prepared by triturating the drug with the specified liquids and exposing to sun rays or moon light. These are prepared without the medium of fire and hence called as "anagnitapta bhasma". *Potency period : Indefinite.*

Bhasma : It is a powder obtained by calcination of metals or minerals or animal products which are by special processes, calcined in closed crucibles in pits and with cow dung cakes. *Potency period : Indefinite.*

Mandoora : These are preparations containing purified mandoora (Iron oxide) along with other drugs.

Rasa yoga : Medicines containing mineral drugs as main ingredients triturated with other drugs are called Rasa yogas. They may be in rounded pill form or in powder form. *Potency period : Indefinite.*

Lauha : These are preparations of Loha bhasma (Ferrous powders) as main ingredient added to other drugs. *Potency period : Indefinite.*

PART - 2

ENGLISH / SCIENTIFIC NAMES OF DISEASES & SYMPTOMS

○ For the users cross reference, English names of the diseases / symptoms / signs / morbid conditions etc. are listed alphabetically. Their corresponding Sastric names along with the indicated medicines are arranged *alphabetically* in Part - 3, i.e. "Therapeutic index proper"

| | |
|--|---|
| Abdominal discomfort | See Jathara |
| Abdominal diseases | See Udara |
| Abdominal distention, vaata type of, | See Vaatodara |
| Abdominal pain | See Aantra soola, Kukshi soola and Udara soola |
| Abdominal pain, made worse by undigested food | See Aamaja soola |
| Abortion | See Garbhaasaya chyuti |
| Abscess | See Vidradhee |
| Abscess, vaata type of | See Vaata vidradhee |
| Acid gastritis | See Amla pitta |
| Acidity | See Amla pitta |
| Acne | See Pidakaa & Yauvana pitikaa |
| Actinomycosis | See Vaalmeeka |

Alcohol, giddiness due to consumption of

| | |
|---|-----------------------------------|
| | See Paana vibhrama |
| Alcohol indigestion | See Paanaajeerna |
| Alcoholism | See Madaatyaya |
| Alcoholism, excessive | See Paanaatyaya |
| Alopecia | See Indra lupta & Kesa paata |
| Anaemea | See Paandu |
| Anaemea due to vitiation of pitta . | See Pittaja paandu |
| Anasarca | See Sarvaanga sotha & Sotha |
| Angina | See Hruchchhoola & Hrudaya soola |
| Anorectal wound | See Guhya vrana |
| Anorexia | See Arochka |
| Aphrodisiacs | See Vaajee karana |
| Appetite, loss of | See Arochka |
| Arm pain | See Baahu soola |
| Arms, atrophy of | See Baahu sosha |
| Arms, phthisis | See Baahu sosha |
| Ascites..... | See Udakodara & Jalodara |
| Asthma, bronchial | See Tamaka svaasa |
| Atrophic disease | See Kshaya |
| Azoospermia, secondary to some debelitating disorder | |
| | See Vyaadhi kaarsita nashta sukra |
| Back pain | See Katee soola & Prushtha soola |
| Baldness | See Khaalitya |
| Bell's palsy | See Ardita |
| Bite, injury due to | See Damsa vrana |
| Bladder, diseases of. | See Basti roga |
| Bleeding through external orifices of the face, excessive | |
| | See Oodhvaga rakta pitta |
| Bleeding, internal | See Vardhma |
| Blindness..... | See Andhatva |
| Blood born diseases | See Rakta roga |
| Blood disorders | See Rakta vikaara |
| Blood loss during menstruation ... | See Pradara |
| Blood, decreased state of | See Rakta kshaya |
| Blow .. | See Aaghaata |
| Body aches and pains | See Sarvaanga vaata |
| Body stiffness, painful | See Sarvaanga grahana |
| Body tremors | See Gaatra kampa & Sarvaangakampa |
| Boils .. | See Visphota |
| Bone marrow, vaata in | See Majjaa gata vaata |
| Bone pain | See Asthi rujaa |
| Bone, breaking of. ... | See Asthi bhanga |
| Bone, cracks in .. | See Asthi chyuti |

| | |
|--|-----------------------------|
| Bone, emaciation of | See Asthi sosha |
| Bones, vaata in | See Asthi gata vaata |
| Bowel pain | See Pakti soola |
| Breathing difficulty | See Oordhva svaasa & Svaasa |
| Breathing difficulty due to vitiation of pitta | See Pittaja svaasa |
| Bullae | See Visphota |
| Burning pain | See Daaha |
| Burning pain in hands and feet .. | See Hasta paada daaha |
| Burning sensation in feet .. | See Paada daaha |
| Burning sensation, pitta type of .. | See Pitta daaha |
| Cancerous growth | See Vaalmeeka |
| Carbuncles, diabetic | See Prameha pidakaa |
| Cardiac disease | See Hrudroga |
| Cardiac output, decreased | See Hruddaurbalya |
| Cataract | See Kaacha |
| Cervical lymph adenitis .. | See Ganda maala |
| Cervical lymph adenopathy | See Apachee, |
| Chest diseases | See Uroroga |
| Chest pain, lateral | See Paarsva rujaa |
| Chest, traumatic trouble in | See Urakshata |
| Cholera | See Vishoochikaa |
| Chorea | See Kampa |
| Cold | See Peenasa & Pratisyaaya |
| Concentration | See Sruti |
| Confusion, excessive | See Mano vibhrama |
| Conjunctivitis | See Netraabhishtyanda |
| Constipation | See Aanaaha |
| Consumption | See Raaja yakshmaa |
| Contracture | See Khanja |
| Convulsions | See Apasmaara |
| Corneal inflammation | See Netra sukra |
| Coryza | See Pratisyaaya |
| Cough (due to vitiation of kapha), productive | See Kaphaja kaasa |
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Part - 3
THERAPEUTIC INDEX PROPER

Aadhmaana

- Hingu vachaadi choorna, 2 to 4 g., with warm water / buttermilk. (AH)
- Kalyaana kshaara, 1 g., with ghruta. (AH)
- Pancha sama choorna, 1 to 3 g., with warm water. (SS)
- Sata pushpaarka, 12 to 24 ml. (AP)
- Taaleesaadya choorna, 3 g., with honey. (SS)
- Vaisvaanara choorna, 1 to 3 g., with kaanjika / buttermilk / ghee / warm water. (CD)
- Yava kshaara, 0.5 to 1 g., with warm water / ghruta. (Su.S)

Aadhy vaata

- Svarna bhoopatee rasa, 250 mg., with aardraka svarasa / pippalee choorna. (YR)
- Yoga raaja guggulu, 3 g., with raasnaa saptaka kvaatha / lasoona svarasa / honey. (BR)

Aaghaata

- Marma gutika, 2 g., with water. (SY)

Aama dosha

- Chitrakaadi gutikaa, 500 mg., with warm water / buttermilk. (CS)
- Sree nrupati vallabha rasa, 250 mg., with aardraka svarasa / honey / dhaatree svarasa. (BR)
- Trikatu choorna, 1 to 3 g., with honey / warm water. (BR)

Aama grahanee

- Chaaturbhadra kvaatha choorna, 48 g., with sunthee, jeeraka. (BR)

Aama jvara

- Agni tundee vatee, 125 to 250 mg., with lime juice / warm water (BR)
- Paachanaamruta kvaatha choorna, 48 g. (SY)

Aama vaata

- Aananda bhairava rasa, 250 mg., with aardraka svarasa / honey / indra yava choorna. (RSS)
- Ajamodaadi choorna, 3 to 6 g., with warm water / jaggery. (SS)
- Amrutaa ghruta, 12 g., with warm milk / warm water. (CD)
- Bruhat saindhavaadya taila, to be used externally for abhyanga. (BR)
- Dasa moola hareetakee, 6 to 12 g., with water / milk. (AH)
- Jeerakaadi modaka, 3 g., with honey / ghee / sugar. (BR)
- Kottamchukkaadi taila, to be used externally for abhyanga. (SY)
- Mahaa lakshmee vilaasa rasa, 250 mg., with honey / milk. (RSS)
- Nimbaadi choorna, 1 to 3 g., with gudoochee kvaatha / warm water. (BR)
- Pancha sama choorna, 1 to 3 g., with warm water. (SS)
- Mahaa raasnaadi kvaatha choorna, 48 g., with sunthee choorna / pippalee choorna / ajamodaadi choorna / eranda taila. (SS)
- Rasa parpatee, 250 mg. to 1000 mg., (to be increased gradually), with

milk / buttermilk / jeeraka kvaatha. (BR)

- Simhanaada guggulu, 3 g., with warm water. (BR)
- Svorna bhoopatee rasa, 250 mg., with aandraka svarasa / pippalee choorna. (YR)
- Vaataari guggulu, 3 g., with warm water. (BR)
- Vaisvaanara choorna, 1 to 3 g., with kaanjika / buttermilk / ghee / warm water. (CD)
- Vyoshaadi guggulu, 3 g., with warm water. (AH)
- Yoga raaja guggulu, 3 g., with raasnaa saptaka kvaatha / lasoona svarasa / honey. (BR)

Aamaateesaara

- Bruhat kastooree bhairava rasa, 125 mg., with aandraka svarasa / honey / tamboola svarasa (BR)

Aamaja soola

- Chitrakaadi choorna, 3 g., with warm water. (SS)
- Gagana sundara rasa, 250 mg., with honey / sarja rasa. (BR)

Aanaaha

- Abhayaa lavana, 1 to 2 g., with water. (SY)
- Asva kanchukee rasa, 125 mg., with honey / sunthee kvaatha / taamboola rasa / cold water. (RYS)
- Bruhat saindhavaadya taila, to be used externally for abhyanga. (BR)
- Chaangeree ghruta, 12 g., with warm milk / warm water. (BR)
- Chandra prabhaa vatee, 250 to 500 mg., with water / milk / ginger powder. (SS)
- Daadhika ghruta, 12 g., with warm water. (AH)
- Dantee hareetakee, half to one hareetakee and 6 to 12 g. of leha, with water. (AH)
- Ichchaa bhedi rasa, 250 mg., with water. (BR)
- Triphalaa choorna, 3 to 6 g., with ghee / honey / warm water. (BP)
- Yava kshaara. 0.5 to 1 g., with with warm water / ghruta. (Su.S)

Aantra soola

- Svorna parpatee, 125 to 250 mg., with sunthee / bhrushta jeeraka choorna / honey. (BR)

Aantra vruddhi

- Bruhat saindhavaadya taila, to be used externally for abhyanga. (BR)
- Hingu triguna taila, 6 g., with warm water / milk. (AH)
- Prabhanjana vimardana taila, to be used externally for abhyanga. (SY)

Abhinyasa jvara

- Mukkaa mukkatuvaadi gutikaa, 1 g., with warm water. (SY)

Agnimaandya

- Aamalakyaadi choorna, 3 to 6 g., with warm water. (SS)
- Abhayaarishta, 12 to 24 ml (BR)
- Abhraka bhasma, 125 to 375 mg., with honey / ghee / triphalaa kvaatha / gudoochee svarasa / aandraka svarasa. (RT)

- Agni tundee vatee, 125 to 250 mg., with lime juice / warm water. (BR)
- Ajamodaarka, 12 to 24 ml. (AP)
- Aravindaasava, 3 to 12 ml. (BR)
- Avipattikara choorna, 3 to 6 g., with honey / milk / water. (BR)
- Balaarishta, 12 to 24 ml. (BR)
- Bhaarngee guda, 12 g., with milk / water. (BR)
- Bhaaskara lavana choorna (Lavana bhaaskara choorna), 3 g., with mastu / buttermilk / aasava / warm water. (SS)
- Bilvaadi leha, 6 g., with water. (SY)
- Chaaturbhadra kvaatha choorna, 48 g., with sunthee, jeeraka. (BR)
- Chitrakaadi gutikaa, 500 mg., with warm water / buttermilk. (CS)
- Dantyaadyarishta, 12 to 24 ml. (AH)
- Dasa moola shatpalaka ghruta, 12 g., with warm milk / warm water. (CD)
- Draakshaadi choorna, 3 to 6 g., with sataavaree svarasa / useera kashaaya / honey / water. (VY)
- Draakshaarishta, 12 to 24 ml. (SS)
- Elaadya modaka, 12 g., with milk / mudga yoosha. (BR)
- Gagana sundara rasa, 250 mg., with honey / sarja rasa. (BR)
- Gandhaka vatee, 2 g., with lemon juice / warm water. (BR)
- Gandharva hastaadi kvaatha choorna, 48 g., with saindhava lavana and guda. (SY)
- Godantee bhasma, 500 mg., with honey / tulasee svarasa / ghee / sugar. (RT)
- Hingvaashtaka choorna, 1 to 2 g., with ghee. (BR)
- Huta bhugaadi choorna, 3 to 6 g., with thin buttermilk. (SY)
- Intuppukaana choorna, 6 g., with warm water / sour buttermilk. (SY)
- Jataamaamsyarka, 12 to 24 ml. (AP)
- Jeerakaarishta, 12 to 24 ml. (BR)
- Kaanta vallabha rasa, 125 mg., with honey. (VY)
- Kaisora guggulu, 3 g., with mudga yoosha / milk / sugandhi jala. (BR)
- Kapardikaa bhasma, 250 mg., with vaasaa svarasa / nimbu svarasa / trikatu kashaaya / udumbara rasa. (Ay.P)
- Karpoooraadyarka, 6 to 12 ml. (AP)
- Kumaaryaasava, 12 to 24 ml. (SS)
- Laghvaananda rasa, 250 mg., with betel leaf and honey. (RSS)
- Lauha parpatee, 250 mg., with milk / buttermilk / bhrushta jeeraka choorna / daadima svarasa. (SY)
- Mahaa kalyaanaka ghruta, 12 g., with warm milk / warm water. (AH)
- Mustakaarishta, 12 to 24 ml. (BR)
- Palaasa kshaara, 0.5 to 1 g., with warm water / milk. (Su.S)
- Pippalyaadi lauha, 250 mg., with honey. (BR)
- Pleehaari vatikaa, 250 mg., with water. (BR)
- Praanadaa gutikaa, 2 to 4 mg., with honey / water. (BR)

- Pradaraantaka lauha, 500 mg., with honey / sugar / ghee. (BR)
- Sankha bhasma, 250 mg. to 300 mg., with nimboo svarasa / triphalaa kvaatha. (RT)
- Sankha vatee, 250 to 500 mg., with honey / warm water / buttermilk. (BR)
- Sapta saara kvaatha choorna, 48 g., with guda / pippalee / saindhava / hingu / sarpi. (SY)
- Sata pushpaarka, 12 to 24 ml. (AP)
- Saubhaagya sunthee, 12 g., with water / milk. (BR)
- Sitopalaadi choorna, 1 to 3 g , with ghee / honey. (SS)
- Soola harana yoga, 250 to 500 mg , with warm milk. (RSS)
- Soola vajrinee vatikaa, 25 mg., with warm water. (RSS)
- Sooranaava leha, 6 to 12 g , with water / milk (SS)
- Svaasa kuthaara rasa, 125 to 250 mg., with honey. (YR)
- Svalpanaayikaa choorna, 1 to 2 g., with kaanjika. (BR)
- Trikatu choorna, 1 to 3 g., with honey / warm water. (BR)
- Vidanga lauha, 500 mg., with kampillaka choorna / honey. (RSS)

Ajeerna

- Ajamodaarka, 12 to 24 ml. (AP)
- Bilvaadi gutikaa, to be used externally as anjana / nasya / lepa (AH)
- Bruhat nrupa vallabha rasa, 250 to 500 mg , with mustaa kashaaya. (BR)
- Dasa moola shatpalaka ghruta, 12 g , with warm milk / warm water. (CD)
- Gandhaka vatee, 2 g., with lemon juice / warm water. (BR)
- Lasunaadi vatee, 1 g., with warm water. (VJ)
- Mustakaarishta, 12 to 24 ml. (BR)
- Sanjeevanee vatee, 125 mg., with aardraka svarasa / warm water. (SS)
- Sankha bhasma, 250 mg. to 300 mg., with nimboo svarasa / triphalaa kvaatha. (RT)
- Vajra kshaara, 2 g., with warm water / ghruta / gomootra / kaanje. (BR)

Amlapitta

- Amla pittaantaka rasa, 250 to 500 mg , with honey. (RSS)
- Avipattikara choorna, 3 to 6 g., with honey / milk / water. (BR)
- Chaturmukha rasa, 125 mg., with triphalaa kvaatha / honey (BR)
- Dhaatree lauha, 0.5 to 1 g., with ghee / honey. (BR)
- Jeerakaadi modaka, 3 g., with honey / ghee / sugar. (BR)
- Kutajaava leha, 6 to 12 g., with water / buttermilk. (SS)
- Lauha parpatee, 250 mg., with milk / buttermilk / bhrushta jeeraka choorna / daadima svarasa. (SY)
- Loha bhasma, 125 to 250 mg., with honey / ghee / trikatu choorna / triphalaa choorna / haridraa rasa (RT)
- Mahaa tiktaka ghruta, 6 g., with milk / warm water (BR)

- Naarikela khanda, 6 to 12 g., with water. (BR)
- Punarnavaasava, 12 to 24 ml. (BR)
- Pooga khanda, 6 to 12 g., with water. (BR)
- Sankha bhasma, 250 mg. to 300 mg., with nimboo svarasa / triphalaa kvaatha. (RT)
- Saptaamruta lauha, 250 mg., with honey / ghee / milk. (BR)
- Soola vajrinee vatikaa, 25 mg., with warm water. (RSS)
- Soota sekhara rasa , 125 mg., with ghee / honey. (YR)
- Svarna bhasma, 15.5 to 62.5 mg., with honey / butter. (RT)

Andhatva

- Bhruangaamalakaadi taila, to be used externally for sirobhyanga. (SY)

Anidraa

- Svarna maakshika bhasma, 125 to 250 mg., with aardraka svarasa / pippalee choorna. (YR)
- Tunga drumaaadi taila, to be used externally for sirobhyanga. (SY)

Apachee

- Kaanchanaara guggulu, 3 g., with munde kvaatha / khadira saara kvaatha / hareetakee kvaatha / hot water. (SS)
- Vachaadi taila, 6 g., with kaanchanaara kvaatha / milk / warm water. (AH)
- Vrana raakshasa taila, to be used externally for abhyanga. (BR)

Apasmaara

- Asvagandhaadyarishta, 12 to 24 ml. (BR)
- Balaa taila, 6 g., with warm water / milk. (AH)
- Braahmee ghruta, 12 g., with warm milk / warm water. (AH)
- Chandanaadi taila, to be used externally for abhyanga. (YR)
- Chaturbhujaa rasa, 125 mg., with triphalaa kvaatha / honey / braahmee svarasa. (RSS)
- Chaturmukha rasa, 125 mg., with triphalaa kvaatha / honey. (BR)
- Chintaamani chaturmukha rasa, 125 to 250 mg., with triphalaa kvaatha / honey / braahmee svarasa. (BR)
- Harataala bhasma, 31 25 to 125 mg., with honey / butter. (RRS)
- Kaayasthaadya vartti, to be mixed with honey and applied to the internal eyelids. (CS)
- Kalyaanaka ghruta, 12 g., with warm milk / warm water. (AH)
- Kumaaryasava, 12 to 24 ml. (YR)
- Maanasa mitra vataka, 1 g., with milk. (SY)
- Mahaa kalyaanaka ghruta, 12 g., with warm milk / warm water. (AH)
- Mahaa pancha gavya ghruta, 12 g., with warm milk / water. (AH)
- Mruta sanjeevanee guteekaa, 1 g., with milk. (SY)
- Nava ratna raaja mrugaanka rasa, 125 mg., with pippalee choorna / honey / gudoochee sattva / butter. (YR)
- Pancha gavya ghruta, 12 g., with warm milk / warm water. (AH)
- Rajata bhasma, 125 mg., with chitraka moola kashaaya / parpaataka

kashaaya / useera kashaaya / brahmeer rasa / honey. (RT)

- Saarasvataarishta, 12 to 24 ml. (BR)
- Sivaa gutikaa, 12 g., with milk / maamsa rasa / daadima rasa / mrudveekaa / aasavaarishtaa. (AS)
- Svarna bhasma, 15.5 to 62.5 mg., with honey / butter. (RT)
- Svarna maakshika bhasma, 125 to 250 mg., with aardraka svarasa / pippalee choorna. (YR)
- Vaata kulaantaka rasa, 125 to 250 mg., with braahmee rasa / vachaa choorna / milk. (BR)
- Yogendra rasa, 125 to 250 mg., with triphalaa kvaatha / honey. (BR)

Apatantraka

- Rasa raaja rasa, 125 to 250 mg., with honey / milk. (BR)

Arbuda

- Chandrodayaa vartti, to be mixed with honey and applied to the internal eyelids. (BR)
- Kaanchanaara guggulu, 3 g., with mundeer kvaatha / khadira saara kvaatha / hareetakee kvaatha / hot water. (SS)
- Khadiraarishta, 12 to 24 ml. (SS)
- Madhu snuhee rasaayana, 12 g., with water / milk. (SY)
- Mahaa triphalaadya ghruta, 12 g., with warm milk / warm water. (BR)
- Triphalaa ghruta, 12 g., with warm water / warm milk. (BR)
- Vajra bhasma, 8 mg., with honey / santaanikaa. (RT)

Ardita

- Bruhat maasha taila, 6 g., with warm water / milk. (BR)
- Bruhat saindhavaadya taila, to be used externally for abhyanga. (BR)
- Ekaanga veera rasa, 125 mg., with aardraka svarasa. (RS)
- Kaarpaasaasthyaadi taila, 12 g., with warm water / milk. Also used externally. (SY)
- Mahaa naaraayana taila, 6 g., with milk / warm water. Also used externally for nasya / abhyanga / anuvaasana. (BR)
- Prabhanjana vimardana taila, to be used externally for abhyanga. (SY)
- Rasa raaja rasa, 125 to 250 mg., with honey / milk. (BR)

Arma

- Elaneer kuzambu (Naalikeraanjana), to be applied to the inner eyelids. (SY)

Arochaka

- Aamalakyaadi choorna, 3 to 6 g., with warm water. (SS)
- Bilvaadi leha, 6 g., with water. (SY)
- Chaturjaata choorna, 2 to 4 g., with warm water. (SS)
- Chitrakaadi choorna, 3 g., with warm water. (SS)
- Dantee hareetakee, half to one hareetakee and 6 to 12 g. of leha, with water. (AH)
- Dasa moola hareetakee, 6 to 12 gm., with water / milk. (AH)
- Dasa moolaaarishta, 12 to 24 ml. (SS)

- Gandharva hastaadi kvaatha choorna, 48 g., with saindhava lavana and guda. (SY)
- Jaatee phalaadya choorna, 1 to 3 g., with honey / water. (SS)
- Jataamaamsyarka, 12 to 24 ml. (AP)
- Karpooraadi choorna, 1 to 2 g., with honey. (SY)
- Karpooraadyarka, 6 to 12 ml. (AP)
- Mandoora vataka, 1 g., with buttermilk / honey. (AH)
- Naarikela khanda, 6 to 12 g., with water. (BR)
- Patolaadi kvaatha choorna, 48 g., with pippalee choorna / honey. (AH)
- Pippalyaadi ghruta, 12 g., with warm milk / warm water. (AH)
- Rodhraasava (Lodhraasava), 12 to 24 ml. (AH)
- Sankha vatee, 250 to 500 mg., with honey / warm water / buttermilk. (BR)
- Saubhaagya vatee, 250 mg., with aardraka svarasa / warm water. (BR)
- Sitopalaadi choorna, 1 to 3 g., with ghee / honey. (SS)
- Trikatu choorna, 1 to 3 g., with honey / warm water. (BR)
- Vidanga lauha, 500 mg., with kampillaka choorna / honey. (RSS)
- Yavaanee shandava choorna (Yavaanyaadi choorna), 1 to 3 g., with warm water. (AH)

Arsa

- Abhayaarishta, 12 to 24 ml. (BR)
- Avipatikara choorna, 3 to 6 g., with honey / milk / water. (BR)
- Ayaskruti, 12 to 24 ml. (AH)
- Bruhat nrupa vallabha rasa, 250 to 500 mg., with mustaa kashaaya. (BR)
- Chaangeree ghruta, 12 g., with warm milk / warm water. (BR)
- Chandanaadi choorna, 0.5 to 1 g., with honey / haridra svarasa. (BR)
- Chandra prabhaa vatee, 250 to 500 mg., with water / milk / ginger powder. (SS)
- Chitraka Hareetakee, 6 to 12 g., with water / milk. (BR)
- Daadhika ghruta, 12 g., with warm water. (AH)
- Daadimaadi ghruta, 48 g., with warm water. (AH)
- Dantee hareetakee, half to one hareetakee and 6 to 12 g. of leha, with water. (AH)
- Dantyaadyarishta, 12 to 24 ml. (AH)
- Dasa moolaaarishta, 12 to 24 ml. (SS)
- Dhaanvantara ghruta, 48 g., with warm water. (AH)
- Harataala bhasma, 31.25 to 125 mg., with honey / butter. (RSS)
- Huta bhugaadi choorna, 3 to 6 g., with thin buttermilk. (SY)
- Kankaayana gutikaa, 2 g., with ghee / milk / water / madya. (BR)
- Kaanta vallabha rasa, 125 mg., with honey. (VY)
- Kaaseesaadi taila, to be used externally for abhyanga (BR)
- Kalyaana kshaara, 1 g., with ghruta. (AH)
- Kalyaanaka guda, 6 to 12 g., with milk / water. (AH)

- Kumaaryaasava, 12 to 24 ml. (YR)
- Laghu maalinee vasanta rasa, 250 mg., with milk / honey. (YR)
- Lohaasava, 12 to 24 ml. (SS)
- Maani bhadra yoga (Maani bhadra guda), 6 g., with milk / water. (AH)
- Mahaa tiktaka ghruta, 6 g., with milk / warm water. (BR)
- Mandoora vataka, 1 g , with buttermilk / honey. (AH)
- Mrudveekaarishta, 12 to 24 ml. (SS)
- Naaga bhasma, 62.5 to 125 mg., with haridraa svarasa / jambu svarasa. (RT)
- Panchaamruta parpatee, 125 to 250 mg., to be increased gradually to 750 mg., with honey / ghee / bhrushta jeeraka choorna. (BR)
- Pancha sama choorna, 1 to 3 g., with warm water. (SS)
- Patola moolaadi kvaatha choorna, 48 g., with honey. (AH)
- Pippalyaadi taila, to be used externally for anuvaasana. (BR)
- Pippalyaadyaasava, 12 to 24 ml (SS)
- Praanadaa gutikaa, 2 to 4 mg., with honey / water. (BR)
- Punarnavaadi mandoora, 1 g., with water / buttermilk. (CS)
- Rasa parpatee, 250 mg to 1000 mg., (to be increased gradually), with milk / buttermilk / jeeraka kvaatha. (BR)
- Rodhraasava (Lodhraasava), 12 to 24 ml. (AH)
- Sapta vimsatika guggulu, 6 g , with warm water. (BR)
- Sivaa gutikaa (laghu), 6 g., with water on empty stomach. (YR)
- Sukumaara ghruta, 12 g., with warm milk / warm water (SY)
- Soorana vatakaa, 2 to 4 g., with water. (SS)
- Sooranaava leha, 6 to 12 g , with water / milk. (SS)
- Triphalaa guggulu, 3 g., with warm water. (SS)
- Vaikraanta bhasma, 62.5 mg., with honey / ghee. (RT)
- Vidanga lauha, 500 mg., with kampillaka choorna / honey. (RSS)
- Yogendra rasa, 125 to 250 mg., with triphalaa kvaatha / honey. (BR)

Ashtheelaa

- Roheetakaarishta, 12 to 24 ml. (BR)

Asmaree

- Bruhat saindhavaadya taila, to be used externally for abhyanga. (BR)
- Chandra prabhaa vatee, 250 to 500 mg., with water / milk / ginger powder. (SS)
- Gokshuraadi guggulu, 3 g., with mustaa kvaatha / paashaana bheda kvaatha / useera kvaatha. (SS)
- Kumaaryaasava, 12 to 24 ml. (SS)
- Moolaka kshaara, 1 g., with water. (Su.S)
- Palaasa kshaara, 0.5 to 1 g., with warm water / milk. (Su.S)
- Sukra maatrakaa vatee, 500 mg , with daadima svarasa / water / goat's milk. (BR)
- Svarna bhoopatee rasa, 250 mg., with aardraaka svarasa / pippalee choorna. (YR)

- Traikantaka ghruta, 12 g., with warm water / laghu truna pancha moola kvaatha / warm milk. (SY)
- Vastyamayaantaka ghruta, 12 g., with warm milk / laghu pancha moola kvaatha / truna pancha moola kvaatha. (SY)
- Vidangaarishta, 12 to 24 ml. (SS)

Asrugdara

- Asokaarishta, 12 to 24 ml. (BR)
- Chandana balaa laakshaadi taila, 6 g., with milk / warm water. Also used externally for abhyanga. (YR)
- Dhaatryaadi ghruta, 12 g., with ghee mixed in equal quantity of sugar. (SY)
- Gudoochyaadi modaka, 6 to 12 g., with ghee / honey / sugar candy. (YR)
- Pushyaanuga choorna, 1 to 3 g., with honey / tandulodaka. (BR)
- Sataavaree guda, 6 g., with milk. (SY)

Asthi bhang

- Laakshaa guggulu, 3 g., with warm water. (BR)

Asthi chyuti

- Laakshaa guggulu, 3 g., with warm water. (BR)

Asthi gata vaata

- Pancha tiktaka guggulu ghruta (Nimbaadi ghruta), 12 g., with milk / warm water. (AH)

Asthi rujaa

- Laakshaa guggulu, 3 g., with warm water. (BR)

Asthi sosha

- Pravaala bhasma, 250 mg., with tandulodaka / gokshura kashaaya / honey / ikshu rasa / sataavaree kashaaya. (RT)

Ateesaara

- Ahiphenaasava, 5 to 10 drops. (BR)
- Ashtaaksharee gutikaa, 125 mg., with water. (VY)
- Baala chaturbhadrakaa choorna, 0.5 to 1 g., with honey. (BR)
- Bruhat gangadhara choorna, 3 to 6 g., with honey / tandulodaka (SS)
- Grahaneer mihira taila, 12 g., with buttermilk / mustaa kashaaya / dhaanyaka kashaaya. (BR)
- Jaatee phalaadya choorna, 1 to 3 g., with honey / water (SS)
- Jeerakaarishta, 12 to 24 ml. (BR)
- Karpoooraasava, 5 to 10 drops. (BR)
- Kumaara kalyaana rasa, 62.5 mg., with milk / honey. (BR)
- Kutajaava leha, 6 to 12 g., with water / buttermilk. (SS)
- Lasunaadi vatee, 1 g., with warm water. (VJ)
- Loha bhasma, 125 to 250 mg., with honey / ghee / trikatu choorna / triphalaa choorna / haridraa rasa. (RT)
- Mustaa karanjaadi kvaatha choorna, 48 g., with sunthee / jeeraka choorna / honey. (SY)

- Naaga bhasma, 62.5 to 125 mg., with haridraa svarasa / jambu svarasa. (RT)
- Panchaamruta parpatee, 125 to 250 mg., to be increased gradually to 750 mg., with honey / ghee / bhrushta jeeraka choorna. (BR)
- Rajanyaadi choorna, 0.5 to 2 g., with ghee / honey. (AH)
- Rasa karpooa, 2 to 4 mg., with nava saaraadi jala / tvak choorna. (RT)
- Rasa parpatee, 250 mg. to 1000 mg., (to be increased gradually), with milk / buttermilk / jeeraka kvaatha. (BR)
- Saubhaagya sunthee, 12 g., with water / milk. (BR)
- Soola harana yoga, 250 to 500 mg., with warm milk. (RSS)
- Yavaanyaadi choorna (Kapitthaashtaka choorna), 2 to 4 g., with honey / buttermilk. (AH)

Avabaahuka

- Bruhat maasha taila, 6 g., with warm water / milk. (BR)
- Ekaanga veera rasa, 125 mg., with aadraka svarasa. (RS)
- Kaarpaasaasthyaadi taila, 12 g., with warm water / milk. Also used externally. (SY)
- Pari natakeree ksheeraadi taila, to be used externally for abhyanga. (SY)

Baadhirya

- Bhrungaamalakaadi taila, to be used externally for sirobhyanga. (SY)
- Bruhat maasha taila, 6 g., with warm water / milk. (BR)
- Mahaa naaraayana taila, 6 g., with milk / warm water. Also used externally for nasya / abhyanga / anuvaasana. (BR)

Baahu soola

- Trayo dasaanga guggulu, 3 g., with triphalaa kvaatha / honey / lasuna svarasa. (BR)

Baahu sosha

- Bruhat maasha taila, 6 g., with warm water / milk. (BR)

Baala graha

- Kalyaanaka ghruta, 12 g., with warm milk / warm water. (AH)
- Mahaa kalyaanaka ghruta, 12 g., with warm milk / warm water. (AH)
- Phala ghruta, 12 g., with warm milk / warm water. (AH)

Baalā roga

- Dhaanvantara taila (Balaa taila), 10 to 60 drops, with warm milk. Also used externally for abhyanga and dhaara. (VY)
- Kumaara kalyaana rasa, 62.5 mg., with milk / honey. (BR)
- Phala ghruta, 12 g., with warm milk / warm water. (AH)

Baala sosha

- Baala chaturbhadrakaa choorna, 0.5 to 1 g., with honey. (BR)

Bahu mootra

- Yogendra rasa, 125 to 250 mg., with triphalaa kvaatha / honey. (BR)

Bala kshaya

- Aravindaasava, 3 to 12 ml. (BR)

- Asva gandhaadi lehya, 6 to 12 g., with milk. (PI)
- Rasa sindoora, 125 mg., with honey. (RT)

Basti roga

- Aja modarka

Bhagandara

- Chitakaadi taila, to be used externally for abhyanga. (Su.S)
- Elaadi ghruta, 12 g., with milk / warm water. (AH)
- Harataala bhasma, 31.25 to 125 mg., with honey / butter. (RRS)
- Kaanchanaara guggulu, 3 g., with munde kvaatha / khadira saara kvaatha / hareetakee kvaatha / hot water. (SS)
- Kaanta vallabha rasa, 125 mg., with honey. (VY)
- Kalyaanaka guda, 6 to 12 g., with milk / water. (AH)
- Madhu sruhee rasaayana, 12 g., with water / milk. (SY)
- Mahaa pancha gavya ghruta, 12 g., with warm milk / water. (AH)
- Mahaa yoga raaja guggulu, 0.5 to 1 g., with raasnaadi kvaatha / kaakolyaadi kvaatha / aaragvadhaadi kvaatha / triphalaa kvaatha / nimba kvaatha / honey. (SS)
- Saarivaadyaasava, 12 to 24 ml. (BR)
- Sapta vimsatika guggulu, 6 g., with warm water. (BR)
- Sivaa gutikaa (laghu), 6 g., with water on empty stomach. (YR)
- Soorana vatakaa, 2 to 4 g., with water. (SS)
- Triphalaa guggulu, 3 g., with warm water. (SS)
- Vidangaarishta, 12 to 24 ml. (SS)
- Yogendra rasa, 125 to 250 mg., with triphalaa kvaatha / honey. (BR)

Bhoota visha

- Rasa karpooora, 2 to 4 mg., with nava saaraadi jala / tvak choorna. (RT)

Bhootonmaada

- Kalyaanaka ghruta, 12 g., with warm milk / warm water. (AH)
- Maha kalyaanaka ghruta, 12 g., with warm milk / warm water. (AH)

Bhrama

- Bruhat vaata chintaamani rasa, 125 mg., with gudoochee svarasa / ajaa ksheera / braahmee svarasa / taamboola svarasa / sankha pushpee svarasa / honey. (BR)
- Chintaamani chaturmukha rasa, 125 to 250 mg., with triphalaa kvaatha / honey / braahmee svarasa. (BR)
- Elaadi gutikaa, 2 to 4 g., with honey. (BR)
- Laghvaananda rasa, 250 mg., with betel leaf and honey (RSS)
- Manjishthaadi taila, to be used externally for abhyanga. (SY)
- Tiktaka ghruta, 12 g., with warm water. (AH)

Buddhi bhrama

- Kachchooraadi choorna, to be applied externally on the head, with breast milk / castor oil / butter. (SY)

Buddhi daurbalya

- Mahaa kalyaanaka ghruta, 12 g., with warm milk / warm water. (AH)

Buddhi kshaya

- Svarna bhasma, 15.5 to 62.5 mg., with honey / butter. (RT)

Buddhi maandya

- Rajata bhasma, 125 mg., with chitraka moola kashaaya / parpaataka kashaaya / useera kashaaya / brahmeer rasa / honey. (RT)
- Svarna sindoor, 62.5 to 125 mg., with honey / ghee. (BR)

Chardi

- Aaragvadhadi kvaatha choorna, 48 g. (AH)
- Baala chaturbhadraka choorna, 0.5 to 1 g., with honey. (BR)
- Balaa taila, 6 g., with warm water / milk. (AH)
- Bilvaadi leha, 6 g., with water. (SY)
- Dasa moolarishta, 12 to 24 ml. (SS)
- Draakshaadi choorna, 3 to 6 g., with sataavaree svarasa / useera kashaaya / honey / water. (VY)
- Draakshaadi kvaatha choorna, 48 g., with honey / sitaa / laaja. (AH)
- Elaadi gutika, 2 to 4 g., with honey. (BR)
- Elaadya modaka, 12 g., with milk / mudga yoosha. (BR)
- Naarikela khanda, 6 to 12 g., with water. (BR)
- Panchaamruta parpatee, 125 to 250 mg., to be increased gradually to 750 mg., with honey / ghee / bhrushta jeeraka choorna. (BR)
- Patolaadi kvaatha choorna, 48 g., with pippalee choorna / honey. (AH)
- Pippalyaadi ghruta, 12 g., with warm milk / warm water. (AH)
- Pippalyaadi lauha, 250 mg., with honey (BR)
- Pooga khanda, 6 to 12 g., with water. (BR)
- Saptaamruta lauha, 250 mg., with honey / ghee / milk. (BR)
- Sivaa gutika, 12 g., with milk / maamsa rasa / daadima rasa / mrudveekaa rasa / aasavaarishta. (AS)
- Soota sekhara rasa, 125 mg., with ghee / honey. (YR)
- Taaleesaadya choorna, 3 g., with honey. (SS)

Daaha

- Amruta praasa ghruta, 12 g., with warm milk / warm water. (AH)
- Chandanaadi taila, to be used externally for abhyanga. (YR)
- Draakshaadi kvaatha choorna, 48 g., with honey / sitaa / laaja. (AH)
- Jvaraaryabhra, 125 to 250 mg., with aardra rasa / honey. (BR)
- Laakshaadi taila, to be used externally for abhyanga. (BR)
- Laghu chinchadika lehya, 6 g., with buttermilk (SY)
- Nyagrodhaadi kvaatha choorna, 48 g. (AH)
- Pinda taila, to be used externally for abhyanga. (AH)
- Tiktaka ghruta, 12 g., with warm water. (AH)
- Traayantyaadi kvaatha choorna, 48 g., with ghruta. (AH)
- Vrana rakshasa taila, to be used externally for abhyanga. (BR)

Dadru kushtha

- Devadaarvaarishta, 12 to 24 ml (BR)
- Haridraa khanda, 6 g., with water / milk. (BR)

- Kaaseesaadi ghruta, for ext. use only. (SS)

Damsa vana

- Tutthaadi lepa, to be mixed with honey and applied over affected parts. (BBR)

Dandaapataanaka

- Mahaa visha garbha taila, to be used externally for abhyanga. (BR)

Danta chaalana

- Bhrungaamalakaadi taila, to be used externally for sirobhyanga. (SY)
- Shad bindu taila, to be used externally for nasya / kabala graha / sirobhyanga / abhyanga. (BR)

Danta krumi

- Khadiraadi gutikaa (mukha roga), 2 g., with honey. (CS)

Danta roga

- Arimedaadi taila, to be used externally for kabala graha / nasya / sirodhaarana. (AH)
- Kaalaka choorna (Kaalaka lepa), to be used for kavala dhaarana with water. (AH)
- Kayyonnyaadi taila, to be used externally for sirobhyanga. (SY)
- Khadiraadi gutikaa (mukha roga), 2 g., with honey. (CS)
- Naaraayana taila, 6 g., with warm water / milk. Also used externally for nasya / abhyanga / anuvaasana. (BR)

Danta saushirya

- Khadiraadi gutikaa (mukha roga), 2 g., with honey. (CS)

Dantodbhava jvara

- Muktaa bhasma, 125 mg., with honey / butter / milk. (RT)

Daurbalya

- Balaarishta, 12 to 24 ml. (BR)
- Bhallaataka rasaayana, 0.5 to 1 g., with ghee / honey. (RT)
- Draakshaarishta, 12 to 24 ml. (SS)
- Naarasimha ghruta rasaayana, 12 g., with honey / sugar / milk / cold water. (AH)

Dhaatu kshaya

- Chaturmukha rasa, 125 mg., with triphalaa kvaatha / honey. (BR)
- Chintaamani chaturmukha rasa, 125 to 250 mg., with triphalaa kvaatha / honey / braahmee svarasa. (BR)
- Dasa moolaaarishta, 12 to 24 ml. (SS)
- Dhaanvantara taila (Balaa taila), 10 to 60 drops, with warm milk. Also used externally for abhyanga and dhaara (VY)
- Lakshmee vilaasa rasa (naaradeeya), 250 mg., with taamboola svarasa / honey / milk. (BR)
- Rajata bhasma, 125 mg., with chitraka moola kashaaya / parpaataka kashaaya / useera kashaaya / brahmee rasa / honey. (RT)
- Rasa sindoor, 125 mg., with honey. (RT)
- Svarna bhasma, 15.5 to 62.5 mg., with honey / butter. (RT)

- Svarna sindoor, 62.5 to 125 mg., with honey / ghee. (BR)

Dhanurvaata

- Ekaanga veera rasa, 125 mg., with aadraka svarasa. (RS)
- Sootikaa bharana rasa, 62.5 mg., with balaa kashaaya / jeeraka kvaatha. (BBR)
- Svarna bhoopatee rasa, 250 mg., with aadraka svarasa / pippalee choorna. (YR)

Drushti daurbalya

- Shad bindu taila, to be used externally for nasya / kabala graha / sirobhyanga / abhyanga. (BR)

Dushta naadi

- Vajraka taila, to be used externally for abhyanga. (AH)

Dushta vana

- Aaragvadhaadi kvaatha choorna, 48 g. (AH)
- Pancha tiktaka ghruta, 6 g., with warm milk / warm water. (BR)
- Soma raajee taila, to be used externally for abhyanga. (BR)

Ekaanga sosha

- Mahaa naaraayana taila, 6 g., with milk / warm water. Also used externally for nasya / abhyanga / anuvaasana (BR)

Gaartra kampa

- Mahaa naaraayana taila, 6 g., with milk / warm water. Also used externally for nasya / abhyanga / anuvaasana. (BR)

Gala ganda

- Sarshapaadi pralepa, to be applied externally. (BR)

Gala roga

- Gorochanaadi vatee, 125 mg., with surasaa patra svarasa / naagavallee dala svarasa / aadraka svarasa. (VY)
- Kaalaka choorna (Kaalaka lepa), to be used for kavala dhaarana with water. (AH)
- Khadiraadi gutikaa (mukha roga), 2 g., with honey. (CS)
- Mrudveekaarishta, 12 to 24 ml. (SS)
- Trikatu choorna, 1 to 3 g., with honey / warm water. (BR)

Gambheera vana

- Jaatyaadi ghruta, for ext. use only. (AH)

Ganda maalaa

- Kaanchanaara guggulu, 3 g., with munde kvaatha / khadira saara kvaatha / hareetakee kvaatha / hot water. (SS)
- Laangalee taila (Nirgundee taila), to be used externally for abhyanga (SS)
- Madhu snuhee rasaayana, 12 g., with water / milk. (SY)
- Sarshapaadi pralepa, to be applied externally. (BR)
- Vidangaarishta, 12 to 24 ml. (SS)

Gara visha

- Bilvaadi gutikaa, to be used externally as anjana / nasya / lepa (AH)

- Dantyaadyarishta, 12 to 24 ml. (AH)
- Kalyaanaka ghruta, 12 g., with warm milk / warm water. (AH)

Garbhaasaya chyuti

- Vanga bhasma, 125 to 250 mg., with gudoochee svarasa / gudoochee sattva / honey / ghee / haridraa rasa. (RT)

Garbhaasaya dosha

- Rajata bhasma, 125 mg., with chitraka moola kashaaya / parpaataka kashaaya / useera kashaaya / brahmeer rasa / honey. (RT)

Garbhaasaya roga

- Rodhraasava (Lodhraasava), 12 to 24 ml. (AH)

Garbhinee daaha

- Bruhat garbha chintaamani rasa, 250 mg., with honey. (RSS)

Garbhinee jvara

- Bruhat garbha chintaamani rasa, 250 mg., with honey. (RSS)

Garbhinee roga

- Daadimaadi ghruta, 48 g., with warm water. (AH)
- Laghu maalinee vasanta rasa, 250 mg., with milk / honey. (YR)
- Phala ghruta, 12 g., with warm milk / warm water. (AH)

Grahanee

- Abhraka bhasma, 125 to 375 mg., with honey / ghee / triphalaa kvaatha / gudoochee svarasa / aadraka svarasa. (RT)
- Ashtaaksharee gutikaa, 125 mg., with water. (VY)
- Bhaaskara lavana choorna (Lavana bhaaskara choorna), 3 g., with mastu / buttermilk / aasava / warm water. (SS)
- Bruhat gangaadhara choorna, 3 to 6 g., with honey / tandulodaka (SS)
- Bruhat kastooree bhairava rasa, 125 mg., with aadraka svarasa / honey / tamboola svarasa. (BR)
- Bruhat nrupa vallabha rasa, 250 to 500 mg., with mustaa kashaaya (BR)
- Chaangeree ghruta, 12 g., with warm milk / warm water. (BR)
- Chitrakaadi choorna, 3 g., with warm water. (SS)
- Chitrakaadi gutikaa, 500 mg., with warm water / buttermilk. (CS)
- Daadhika ghruta, 12 g., with warm water. (AH)
- Dantee hareetakee, half to one hareetakee and 6 to 12 g. of leha, with water. (AH)
- Dantyaadyarishta, 12 to 24 ml. (AH)
- Dasa moolaarishta, 12 to 24 ml. (SS)
- Devadaarvaarishta, 12 to 24 ml. (BR)
- Grahanee mihira taila, 12 g., with buttermilk / mustaa kashaaya / dhaanyaka kashaaya. (BR)
- Hingvaadi choorna, 2 to 4 g., with buttermilk / warm water. (YR)
- Jaatee phalaadya choorna, 1 to 3 g., with honey / water (SS)
- Jeerakaadi modaka, 3 g., with honey / ghee / sugar. (BR)
- Jeerakaarishta, 12 to 24 ml. (BR)

- Kaanta vallabha rasa, 125 mg., with honey. (VY)
- Kapardikaa bhasma, 250 mg., with vaasaa svarasa / nimbu svarasa / trikatu kashaaya / udumbara rasa. (Ay.P)
- Kutajaarishta, 12 to 24 ml. (BR)
- Kutajaava leha, 6 to 12 g., with water / buttermilk. (SS)
- Lauha parpatee, 250 mg., with milk / buttermilk / bhrushta jeeraka choorna / daadima svarasa. (SY)
- Madhookaasava, 12 to 24 ml. (AH)
- Mrudveekaarishta, 12 to 24 ml. (SS)
- Mustakaarishta, 12 to 24 ml. (BR)
- Naaga bhasma, 62.5 to 125 mg., with haridraa svarasa / jambu svarasa. (RT)
- Nava ratna raaja mrugaanka rasa, 125 mg., with pippalee choorna / honey / gudoochee sattva / butter. (YR)
- Nyagrodhaadi kvaatha choorna, 48 g. (AH)
- Panchaamruta parpatee, 125 to 250 mg., to be increased gradually to 750 mg., with honey / ghee / bhrushta jeeraka choorna. (BR)
- Patola moolaadi kvaatha choorna, 48 g., with honey. (AH)
- Pippalyaadyaasava, 12 to 24 ml. (SS)
- Punarnavaadi mandoora, 1 g , with water / buttermilk. (CS)
- Puta pakva vishama jvaraantaka lauha, 250 mg , with pippalee / hingu / saindhava / honey / gudoochee svarasa / sephaalee svarasa. (RSS)
- Rajanyaadi choorna, 0.5 to 2 g., with ghee / honey. (AH)
- Rasa parpatee, 250 mg. to 1000 mg., (to be increased gradually), with milk / buttermilk / jeeraka kvaatha. (BR)
- Rodhraasava (Lodhraasava), 12 to 24 ml. (AH)
- Roheetakaarishta, 12 to 24 ml. (BR)
- Sankha bhasma, 250 mg. to 300 mg., with nimboo svarasa / triphalaa kvaatha. (RT)
- Sankha vatee, 250 to 500 mg., with honey / warm water / buttermilk. (BR)
- Saubhaagya sunthee, 12 g., with water / milk. (BR)
- Shat pala ghruta (Pancha kolaadi ghruta), 12 g., with warm milk / warm water. (AH)
- Siddha praanesvara rasa, 250 mg. to 500 mg., with bhrushta jeeraka / honey. (BR)
- Sree nrupati vallabha rasa, 250 mg., with aadraka svarasa / honey / dhaatree svarasa. (BR)
- Soola harana yoga, 250 to 500 mg., with warm milk. (RSS)
- Soorana vatakaa, 2 to 4 g., with water. (SS)
- Soota sekhara rasa, 125 mg , with ghee / honey. (YR)
- Svalpanaayikaa choorna, 1 to 2 g., with kaanjika. (BR)
- Svarna bhasma, 15.5 to 62.5 mg., with honey / butter. (RT)
- Svarna bhoopatee rasa, 250 mg., with aadraka svarasa / pippalee

choorna. (YR)

- Svarna parpatee, 125 to 250 mg., with sunthee / bhrushta jeeraka choorna / honey. (BR)
- Vaari soshana rasa, 62.5 to 125 mg., with trikatu kvaatha / triphalaa kvaatha / kaakodumbarikaa rasa. (BR)
- Vaikraanta bhasma, 62.5 mg., with honey / ghee. (RT)
- Yasada bhasma, 125 mg., with honey / gudoochee svarasa / trikatu kashaaya. (RT)
- Yavaanee shandava choorna (Yavaanyaadi choorna), 1 to 3 g., with warm water. (AH)
- Yavaanyaadi choorna (Kapitthaashtaka choorna), 2 to 4 g., with honey / buttermilk. (AH)

Granthi

- Chandra prabhaa vatee, 250 to 500 mg., with water / milk / ginger powder. (SS)
- Kaanchanaara guggulu, 3 g., with munde kvaatha / khadira saara kvaatha / hareetakee kvaatha / hot water. (SS)
- Khadiraarishta, 12 to 24 ml. (SS)
- Sarshapaadi pralepa, to be applied externally. (BR)

Granthi ruk

- Maani bhadra yoga (Maani bhadra guda), 6 g., with milk / water. (AH)

Grudhrasee

- Ajamodaadi choorna, 3 to 6 g., with warm water / jaggery. (SS)
- Bruhat maasha taila, 6 g., with warm water / milk. (BR)
- Mahaa visha garbha taila, to be used externally for abhyanga. (BR)
- Prasaarinee taila, to be used externally for abhyanga. (SS)
- Mahaa raasnaadi kvaatha choorna, 48 g., with sunthee choorna / pippalee choorna / ajamodaadi choorna / eranda taila. (SS)
- Trayo dasaanga guggulu, 3 g., with triphalaa kvaatha / honey / lasuna svarasa. (BR)
- Vaataari guggulu, 3 g., with warm water. (BR)

Guda bhramsa

- Chaangeree ghruta, 12 g., with warm milk / warm water. (BR)
- Pippalyaadi taila, to be used externally for anuvaasana. (BR)

Guhya vrana

- Madhu snuhee rasaayana, 12 g., with water / milk. (SY)

Gulma

- Abhayaa lavana, 1 to 2 g., with water. (SY)
- Apaamaarga kshaara, 125 to 500 mg, with water. (Su.S)
- Arka lavana, 1 g., with water / buttermilk. (BR)
- Aavittolaadi bhasma (kshaara), 1 to 2 g., with water. (SY)
- Balaa taila, 6 g., with warm water / milk. (AH)
- Chitraka Hareetakee, 6 to 12 g., with water / milk. (BR)
- Chitrakaadi choorna, 3 g., with warm water. (SS)

- Daadimaadi ghruta, 48 g., with warm water. (AH)
- Dantee hareetakee, half to one hareetakee and 6 to 12 g. of leha, with water. (AH)
- Dantyaadyarishta, 12 to 24 ml. (AH)
- Dasa moola hareetakee, 6 to 12 g., with water / milk. (AH)
- Dasa moola shatpalaka ghruta, 12 g., with warm milk / warm water. (CD)
- Dasa moolaaarishta, 12 to 24 ml. (SS)
- Dhaanvantara ghruta, 48 g., with warm water. (AH)
- Elaadi ghruta, 12 g., with milk / warm water (AH)
- Gandharva hasta taila, 6 to 12 g., with warm water. (AS)
- Guda pippalee, 6 to 12 g., with warm water. (BR)
- Hingu triguna taila, 6 g., with warm water / milk (AH)
- Hingu vachaadi choorna (Hingvaadi choorna), 2 to 4 g., with warm water / buttermilk (AH)
- Hingvaadi choorna, 2 to 4 g., with buttermilk / warm water. (YR)
- Hingvaashtaka choorna, 1 to 2 g., with ghee. (BR)
- Indu kaanta ghruta, 12 g., with warm milk / warm water / gudoochee svarasa (SY)
- Jvaraaryabhra, 125 to 250 mg., with aardraka rasa / honey. (BR)
- Kaanchanaara guggulu, 3 g., with mundee kvaatha / khadira saara kvaatha / hareetakee kvaatha / hot water. (SS)
- Kaanta vallabha rasa, 125 mg., with honey. (VY)
- Kadalee kshaara, 125 to 250 mg., with water. (Su.S)
- Kalyaanaka guda, 6 to 12 g., with milk / water (AH)
- Kalyaana kshaara, 1 g , with ghruta. (AH)
- Kankaayana gutikaa, 2 g , with ghee / milk / water / madya. (BR)
- Khadiraarishta, 12 to 24 ml. (SS)
- Kumaaryaasava, 12 to 24 ml. (YR)
- Lasunaadi ghruta, 12 g., with warm milk / warm water. (AH)
- Lohaasava, 12 to 24 ml. (SS)
- Loka naatha rasa, 125 to 250 mg., with honey / cow's urine. (RSS)
- Mahaa yoga raaja guggulu, 0.5 to 1 g., with raasnaadi kvaatha / Kaakolyaadi kvaatha / aaragvadhaadi kvaatha / triphalaa kvaatha / nimba kvaatha / honey. (SS)
- Misraka sneha, 3 g., with warm milk / warm water. (AH)
- Mrudveekaarishta, 12 to 24 ml. (SS)
- Naaga bhasma, 62.5 to 125 mg., with haridraa svarasa / jambu svarasa. (RT)
- Palaasa kshaara, 0.5 to 1 g., with warm water / milk. (Su.S)
- Pippalyaadyaasava, 12 to 24 ml. (SS)
- Pleehaari vatikaa, 250 mg., with water. (BR)
- Praanadaa gutikaa, 2 to 4 mg., with honey / water. (BR)
- Punarnavaasava, 12 to 24 ml. (BR)

- Puta pakva vishama jvaraantaka lauha, 250 mg., with pippalee / hingu / saindhava / honey / gudoochee svarasa / sephaalee svarasa. (RSS)
- Rasa parpatee, 250 mg. to 1000 mg., (to be increased gradually), with milk / buttermilk / jeeraka kvaatha. (BR)
- Roheetakaarishta, 12 to 24 ml. (BR)
- Saamudraadya choorna, 1 to 2 g., with warm water. (BR)
- Sahacharaadi taila, 6 to 12 g., with goat's milk / warm water. Also used externally for abhyanga. (AH)
- Sanjeevanee vatee, 125 mg., with aadraka svarasa / warm water. (SS)
- Sapta saara kvaatha choorna, 48 g., with guda / pippalee / saindhava / hingu / sarpi. (SY)
- Shat pala ghruta (Pancha kolaadi ghruta), 12 g., with warm milk / warm water. (AH)
- Sivaa gutikaa, 12 g., with milk / maamsa rasa / daadima rasa / mrudveekaa rasa / aasavaarishtaa. (AS)
- Sree nrupati vallabha rasa, 250 mg., with aadraka svarasa / honey / dhaatree svarasa. (BR)
- Sukumaara ghruta, 12 g., with warm milk / warm water. (SY)
- Soola vajrinee vatikaa, 25 mg., with warm water. (RSS)
- Soota sekharas rasa, 125 mg., with ghee / honey. (YR)
- Traayantyaadi kvaatha choorna, 48 g., with ghruta. (AH)
- Vaasaa kshaara, 0.5 g., with water. (Su.S)
- Vaisvaanara choorna, 1 to 3 g., with kaanjika / buttermilk / ghee / warm water. (CD)
- Vajra kshaara, 2 g., with warm water / ghruta / gomootra / kaanje. (BR)
- Vidaaryaadi kvaatha choorna, 48 g. (AH)
- Yakrodaari lauha, 250 to 500 mg., with pippalee choorna / honey. (RSS)
- Yakrut soola vinaasinee vatikaa, 250 mg., with kaaravella rasa / water. (BR)
- Yava kshaara, 0.5 to 1 g., with warm water / ghruta. (Su.S)

Gulma soola

- Soola harana yoga, 250 to 500 mg., with warm milk. (RSS)

Haleemaka

- Draakshaava leha
- Nava ratna raaja mrugaanka rasa, 125 mg., with pippalee choorna / honey / gudoochee sattva / butter. (YR)
- Patola moolaadi kvaatha choorna, 48 g., with honey. (AH)
- Sataavaree guda, 6 g., with milk. (SY)

Hanu graha

- Trayo dasaanga guggulu, 3 g., with triphalaa kvaatha / honey / lasuna svarasa. (BR)

Hanu stambha

- Laghu visha garbha taila, to be used externally for abhyanga. (BR)

- Mahaa naaraayana taila, 6 g., with milk / warm water. Also used externally for nasya / abhyanga / anuvaasana. (BR)
- Naaraayana taila, 6 g., with warm water / milk. Also used externally for nasya / abhyanga / anuvaasana (BR)
- Prasaarinee taila, to be used externally for abhyanga. (SS)

Hasta kampa

- Bruhat maasha taila, 6 g., with warm water / milk. (BR)

Hasta paada daaha

- Bruhat maasha taila, 6 g., with warm water / milk. (BR)
- Sitopalaadi choorna, 1 to 3 g., with ghee / honey. (SS)

Hidmaa

- Kachchooraadi choorna, to be applied externally on the head, with breast milk / castor oil / butter. (SY)
- Sivaa gutikaa, 12 g., with milk / maamsa rasa / daadima rasa / mrudveekaa rasa / aasavaarishtaa. (AS)

Hikkaa

- Agastya hareetakee rasaayana, 6 to 12 g., with warm water / milk. (AH)
- Elaadi gutikaa, 2 to 4 g., with honey. (BR)
- Grahaneer mihira taila, 12 g., with buttermilk / mustaa kashaaya / dhaanyaka kashaaya. (BR)
- Kaaseesa bhasma, 250 mg., with baakuchee choorna / triphalaa kvaatha / madhu. (RM)
- Kanta kaaryaava leha, 6 to 12 g., with milk / water. (SS)
- Mruga madaasava, 5 to 10 drops. (BR)
- Naayopaayam kvaatha choorna, 48 g. (SY)
- Pippalyaadi lauha, 250 mg., with honey (BR)
- Rasa pushpa, 62.5 to 125 mg., in a gelatine capsule or in a draakshaa (RT)
- Srunga bhasma, 250 to 500 mg., with ghee / honey. (RT)
- Svana bhasma, 15.5 to 62.5 mg., with honey / butter. (RT)

Hruchchhoola

- Sapta vimsatika guggulu, 6 g., with warm water. (BR)
- Srunga bhasma, 250 to 500 mg., with ghee / honey. (RT)

Hrudaya soola

- Bruhat saindhavaadya taila, to be used externally for abhyanga. (BR)
- Sapta saara kvaatha choorna, 48 g., with guda / pippalee / saindhava / hingu / sarpi. (SY)

Hruddaurbalya

- Makardhvaja, 125 mg., with betel leaf / milk / honey. (BR)
- Muktaa bhasma, 125 mg., with honey / butter / milk. (RT)
- Rasa sindoor, 125 mg., with honey. (RT)

Hrudroga

- Abhayaa lavana, 1 to 2 g., with water. (SY)
- Chandanaasava, 12 to 24 ml. (BR)

- Chintaamani chaturmukha rasa, 125 to 250 mg., with triphalaa kvaatha / honey / braahmee svarasa. (BR)
- Chyavana praasa, 12 to 24 g , with milk. (CS)
- Daadimaadi ghruta, 48 g., with warm water. (AH)
- Dantee hareetakee, half to one hareetakee and 6 to 12 g. of leha, with water. (AH)
- Dhaanvantara gutikaa, 1 g., with decoction of panasa patra / bhoonimba / jeeraka. (SY)
- Kankaayana gutikaa, 2 g., with ghee / milk / water / madya. (BR)
- Karpoooraadyarka, 6 to 12 ml. (AP)
- Maanikya pishtee, 65 to 125 mg., with honey / buttermilk. (RM)
- Muktaa pishtee, 65 to 125 mg., with honey / butter / milk. (ASS)
- Navaayasa choorna, 1 g., with honey / water. (BR)
- Paarthaadyarishta (Arjunaarishta), 12 to 24 ml. (BR)
- Prabhaakara vatee, 125 to 250 mg., with water / arjuna kvaatha / milk. (BR)
- Pravaala pishtee, 250 mg., with honey / butter / ghee. (ASS)
- Sivaa gutikaa, 12 g., with milk / maamsa rasa / daadima rasa / mrudveekaa rasa / aasavaarishtaa (AS)
- Svarna bhasma, 15.5 to 62.5 mg., with honey / butter. (RT)
- Traayantyaadi kvaatha choorna, 48 g., with ghruta (AH)
- Vaisvaanara choorna, 1 to 3 g., with kaanjika / buttermilk / ghee / warm water. (CD)

Hrudya virechaka

- Hrudya virechana leha, 12 g , with water (AH)

Hrut kampa

- Pravaala bhasma, 250 mg , with tandulodaka / gokshura kashaaya / honey / ikshu rasa / sataavaree kashaaya. (RT)

Indra lupta

- Neelikaadya taila, to be used externally for abhyanga. (SS)

Jalodara

- Rasa pushpa, 62.5 to 125 mg., in a gelatine capsule or in a draakshaa. (RT)
- Taamra bhasma, 31.25 to 62.5 mg., with trikatu kashaaya / ghee / honey / duraalabhaa kvaatha / aardraka rasa / gudoochee rasa. (Ay.P)
- Vaari soshana rasa, 62.5 to 125 mg., with trikatu kvaatha / triphalaa kvaatha / kaakodumbarikaa rasa (BR)

Jaraa

- Brahma rasaayana, 12 g., with water / milk. (AH)

Jathara

- Lohaasava, 12 to 24 ml. (SS)
- Saarasvata ghruta, 12 g., with warm milk / warm water (AH)

Jeerna jvara

- Amrutottara kvaatha choorna (Naagaraadi kvaatha choorna), 48 g.

(SY)

- Bhaarngyaadi kvaatha choorna, 48 g. (SY)
- Chandanaadi choorna, 0.5 to 1 g., with honey / haridra svarasa. (BR)
- Chandanaadi lauha, 250 to 500 mg., with honey. (BR)
- Godantee bhasma, 500 mg., with honey / tulasee svarasa / ghee / sugar.

(RT)

- Guda pippalee, 6 to 12 g., with warm water. (BR)
- Kadalee kshaara, 125 to 250 mg., with water. (Su.S)
- Muktaa bhasma, 125 mg., with honey / butter / milk. (RT)
- Muktaa panchaamruta rasa, 250 mg., with pippalee choorna / milk / honey. (RM)
- Puta pakva vishama jvaraantaka lauha, 250 mg., with pippalee / hingu / saindhava / honey / gudoochee svarasa / sephaalee svarasa. (RSS)
- Sarva jvara hara lauha, 250 mg., with honey / gudoochee svarasa.

(BR)

- Sudarsana choorna, 2 to 4 g., with warm water. (BR)
- Svama maakshika bhasma, 125 to 250 mg., with aandraka svarasa / pippalee choorna. (YR)
- Vasanta maalatee rasa, 125 to 250 mg., with pippalee choorna / honey. (SBM)
- Yakrudaari lauha, 250 to 500 mg., with pippalee choorna / honey (RSS)

Jeerna kaasa

- Svana vanga, 125 to 250 mg., with butter / honey. (RM)
- Vasanta maalatee rasa, 125 to 250 mg., with pippalee choorna / honey. (SBM)

Jvara

- Aamalakyaadi choorna, 3 to 6 g., with warm water. (SS)
- Aaragvadaadi kvaatha choorna, 48 g. (AH)
- Aarogya vardhinee gutikaa, 250 to 500 mg., with aandraka svarasa / honey / nimba svarasa / water / milk. (RSS)
- Abhraka bhasma, 125 to 375 mg., with honey / ghee / triphalaa kvaatha / gudoochee svarasa / aandraka svarasa. (RT)
- Amruta praasa ghruta, 12 g., with warm milk / warm water (AH)
- Amrutarishta, 12 to 24 ml. (BR)
- Baala chaturbhadrakaa choorna, 0.5 to 1 g., with honey. (BR)
- Balaa taila, 6 g., with warm water / milk. (AH)
- Balaasvagandha laakshaadi taila, to be used externally for abhyanga. (SY)
- Bilvaadi gutikaa, to be used externally as anjana / nasya / lepa (AH)
- Bruhat kastooree bhairava rasa, 125 mg., with aandraka svarasa / honey / tamboola svarasa. (BR)
- Chandana bala laakshaadi taila, to be used externally for abhyanga. (BR)
- Chandraamruta rasa, 375 mg., with honey / raktotpala svarasa /

- taamboola svarasa / vaasaa svarasa / aadraka svarasa. (RM)
- Daaru naagaraadi kvaatha choorna, 48 g. (SY)
 - Dasa moola shatpalaka ghruta, 12 g., with warm milk / warm water. (CD)
 - Dasānga lepa, to be mixed with ghee / water and applied over the affected parts / forehead respectively. (BR)
 - Dasa moola kvaatha choorna, 48 g., with pippalee choorna. (BR)
 - Gorochanaadi vatee, 125 mg., with surasaa patra svarasa / naagavallee dala svarasa / aadraka svarasa. (VY)
 - Grahaneer mihira taila, 12 g., with buttermilk / mustaa kashaaya / dhaanyaka kashaaya. (BR)
 - Jvaraaryabhra, 125 to 250 mg., with aadraka rasa / honey. (BR)
 - Kachchooraadi choorna, to be applied externally on the head, with breast milk / castor oil / butter. (SY)
 - Kumaara kalyaana rasa, 62.5 mg., with milk / honey. (BR)
 - Kutajaarishta, 12 to 24 ml. (BR)
 - Laghu maalinee vasanta rasa, 250 mg., with milk / honey. (YR)
 - Laghvaananda rasa, 250 mg., with betel leaf and honey (RSS)
 - Laakshaadi taila, to be used externally for abhyanga. (BR)
 - Lakshmee naaraayana rasa, 250 mg., with aadraka svarasa / taamboola rasa / naareekelodaka. (YR)
 - Madhu yashtyaadi taila, 6 g., with milk / warm water. Also used externally for nasya / abhyanga / anuvaasana. (AH)
 - Mahaa pancha gavya ghruta, 12 g., with warm milk / water. (AH)
 - Mrutyunjaya rasa, 125 mg., with mastu / aadraka svarasa. (BR)
 - Muktaa bhasma, 125 mg., with honey / butter / milk. (RT)
 - Muktaa sukti bhasma, 250 to 500 mg., with honey / lemon juice. (Ay.P)
 - Nava ratna raaja mrugaanka rasa, 125 mg., with pippalee choorna / honey / gudoochee sattva / butter. (YR)
 - Pancha gavya ghruta, 12 g., with warm milk / warm water. (AH)
 - Pancha tikta kvaatha choorna, 48 g., with honey (CD)
 - Panchaamruta parpatee, 125 to 250 mg., to be increased gradually to 750 mg., with honey / ghee / bhrushta jeeraka choorna. (BR)
 - Patolaadi kvaatha choorna, 48 g., with pippalee choorna / honey. (AH)
 - Pippalyaadi ghruta, 12 g., with warm milk / warm water. (AH)
 - Rajanyaadi choorna, 0.5 to 2 g., with ghee / honey (AH)
 - Rajata bhasma, 125 mg., with chitraka moola kashaaya / parpaataka kashaaya / useera kashaaya / brahmeer rasa / honey. (RT)
 - Rasa parpatee, 250 mg. to 1000 mg., (to be increased gradually), with milk / buttermilk / jeeraka kvaatha. (BR)
 - Saptaamruta lauha, 250 mg., with honey / ghee / milk. (BR)
 - Saubhaagya vatee, 250 mg., with aadraka svarasa / warm water (BR)
 - Shadanga kvaatha choorna, 48 g. (AH)
 - Shat pala ghruta (Pancha kolaadi ghruta), 12 g., with warm milk / warm

water. (AH)

- Siddha praanesvara rasa, 250 mg. to 500 mg., with bhrushta jeeraka / honey. (BR)
- Sitopalaadi choorna, 1 to 3 g., with ghee / honey. (SS)
- Sivaa gutikaa (laghu), 6 g., with water on empty stomach. (YR)
- Srungyaadi choorna, 0.25 to 1 g., with honey. (SS)
- Sudarsana choorna, 2 to 4 g., with warm water. (BR)
- Svama bhasma, 15.5 to 62.5 mg., with honey / butter. (RT)
- Taaleesaadya choorna, 3 g., with honey. (SS)
- Tarunaarka rasa, 4 mg., with aardraka rasa / honey. (Ba.R)
- Traayantyaadi kvaatha choorna, 48 g., with ghruta. (AH)
- Vaasaa chandanaadi taila, to be used externally for abhyanga. (BR)
- Vasaava leha, 6 to 12 g., with milk / water. (BR)
- Vaatagni kumaara rasa, 125 mg., with honey / warm water / amrutaarishta / kiraata tiktaarishta. (PI)
- Vajraka ghruta, 6 g., with warm milk / warm water. (AH)

Jvaraateesaara

- Aananda bhairava rasa, 250 mg., with aardraka svarasa / honey / indra yava choorna. (RSS)
- Gagana sundara rasa, 250 mg., with honey / sarja rasa. (BR)
- Karpooara rasa, 125., with honey / mustaa kashaaya. (BR)
- Siddha praanesvara rasa, 250 mg. to 500 mg., with bhrushta jeeraka / honey. (BR)

Kaacha

- Mahaa triphalaadya ghruta, 12 g., with warm milk / warm water. (BR)
- Vimala vartti, to be applied to the inner eyelids. (SY)

Kaamala

- Chandana balaa laakshaadi taila, 6 g., with milk / warm water. Also used externally for abhyanga. (YR)
- Chandra prabhaa vatee, 250 to 500 mg., with water / milk / ginger powder. (SS)
- Dantee hareetakee, half to one hareetakee and 6 to 12 g. of leha, with water. (AH)
- Dhaatree lauha, 0.5 to 1 g., with ghee / honey. (BR)
- Draakshaava leha, 6 to 12 g., with water / milk. (AH)
- Dugdha vatee (Sotha), 60 mg., with milk. (BR)
- Grahane mihira taila, 12 g., with buttermilk / mustaa kashaaya / dhaanyaka kashaaya. (BR)
- Kalyaanaka guda, 6 to 12 g., with milk / water. (AH)
- Kumaara kalyaana rasa, 62.5 mg., with milk / honey. (BR)
- Laghu chinchadika lehya, 6 g., with buttermilk. (SY)
- Loha bhasma, 125 to 250 mg., with honey / ghee / trikatu choorna / triphalaa choorna / haridraa rasa. (RT)
- Mandoora bhasma, 250 to 500 mg., with honey / triphalaa kvaatha /

punarnavaashtaka kvaatha / punarvava rasa. (RT)

- Navaayasa choorna, 1 g., with honey / water. (BR)
- Pancha gavya ghruta, 12 g., with warm milk / warm water. (AH)
- Patolaadi kvaatha choorna, 48 g., with pippalee choorna / honey. (AH)
- Puta pakva vishama jvaraantaka lauha, 250 mg., with pippalee / hingu / saindhava / honey / gudoochee svarasa / sephaalee svarasa. (RSS)
- Rajanyaadi choorna, 0.5 to 2 g., with ghee / honey. (AH)
- Sree nrupati vallabha rasa, 250 mg., with aardraka svarasa / honey / dhaatree svarasa. (BR)
- Soola vajrinee vatikaa, 25 mg., with warm water. (RSS)
- Triphalaa ghruta, 12 g., with warm water / warm milk. (BR)
- Vaasaa chandanaadi taila, to be used externally for abhyanga. (BR)
- Vaasaa gudoochyaadi kvaatha choorna, 48 g., with honey. (AH)
- Vajraka ghruta, 6 g., with warm milk / warm water. (AH)
- Vidangaadi lauha, 250 mg., with honey / buttermilk. (BR)
- Yakrudaani lauha, 250 to 500 mg., with pippalee choorna / honey. (RSS)

Kaarsya

- Aravindaasava, 3 to 12 ml. (BR)
- Asvagandhaadyarishta, 12 to 24 ml (BR)
- Balaa dhaatryaadi taila, 15 drops. Also used externally for abhyanga. (SY)
- Balaasvagandha laakshaadi taila, to be used externally for abhyanga (SY)
- Pippalyaadyaasava, 12 to 24 ml. (SS)
- Vidaaryaadi ghruta, 12 g., with warm milk / warm water. (AH)

Kaasa

- Abhraka bhasma, 125 to 375 mg., with honey / ghee / triphalaa kvaatha / gudoochee svarasa / aardraka svarasa. (RT)
- Agastya hareetakee rasaayana, 6 to 12 g., with warm water / milk. (AH)
- Amruta praasa ghruta, 12 g., with warm milk / warm water. (AH)
- Asva kanchukee rasa, 125 mg., with honey / sunthee kvaatha / taamboola rasa / cold water. (RYS)
- Baala chaturbhadrikaa choorna, 0.5 to 1 g., with honey. (BR)
- Balaa taila, 6 g., with warm water / milk. (AH)
- Balaasvagandha laakshaadi taila, to be used externally for abhyanga. (SY)
- Bhaarngee guda, 12 g., with milk / water. (BR)
- Bruhat kastooree bhairava rasa, 125 mg., with aardraka svarasa / honey / tamboola svarasa. (BR)
- Chandana balaa laakshaadi taila, 6 g., with milk / warm water. Also used externally for abhyanga. (YR)
- Chandanaadi choorna, 0.5 to 1 g., with honey / haridra svarasa. (BR)
- Chandraamruta rasa, 375 mg., with honey / raktotpala svarasa / taamboola svarasa / vaasaa svarasa / aardraka svarasa. (RM)

- Chhaagalaadya ghruta, 3 g., with warm milk / warm water. (BR)
- Chitraka Hareetakee, 6 to 12 g., with water / milk. (BR)
- Chyavana praasa, 12 to 24 g., with milk. (CS)
- Dasa moola katutraya kvaatha choorna, 48 g , with honey. (SY).
- Dasa moola shatpalaka ghruta, 12 g., with warm milk / warm water. (CD)
- Dasa moolarishta, 12 to 24 ml. (SS)
- Dhaanvantara gutikaa, 1 g., with decoction of panasa patra / bhoonimba / jeeraka. (SY)
- Draakshaarishta, 12 to 24 ml. (SS)
- Elaadi choorna, 2 to 4 g., with honey / sugar. (BR)
- Elaadi gutikaa, 2 to 4 g , with honey. (BR)
- Godantee bhasma, 500 mg , with honey / tulasee svarasa / ghee / sugar. (RT)
- Gorochanaadi vatee, 125 mg., with surasaa patra svarasa / naagavallee dala svarasa / aardraka svarasa. (VY)
- Grahaneer mihira taila, 12 g , with buttermilk / mustaa kashaaya / dhaanyaka kashaaya. (BR)
- Guda pippalee, 6 to 12 g., with warm water. (BR)
- Jaatee phalaadya choorna, 1 to 3 g., with honey / water (SS)
- Kaanta vallabha rasa, 125 mg., with honey (VY)
- Kalyaanaka ghruta, 12 g , with warm milk / warm water. (AH)
- Kanakaasava, 12 to 24 ml. (BR)
- Kanta kaaryaava leha, 6 to 12 g., with milk / water. (SS)
- Kapha ketu rasa, 125 mg., with aardraka svarasa (RSS)
- Karpooaraadi choorna, 1 to 2 g., with honey. (SY)
- Khadiraadi gutikaa (Kaasa), 1 g , with honey (YR)
- Kooshmandaka rasaayana (Kooshmaanda khanda), 6 to 12 g., with water / milk. (BR)
- Kumaara kalyaana rasa, 62.5 mg., with milk / honey. (BR)
- Kumaaryaasava, 12 to 24 ml. (YR)
- Lavangaadi vatee, 1 g., with warm water. (VJ)
- Mahaa kalyaanaka ghruta, 12 g., with warm milk / warm water. (AH)
- Mahaa lakshmee vilaasa rasa, 250 mg., with honey / milk. (RSS)
- Marichaadi gutika, 3 g., to be kept in the mouth and dissolved slowly. (SS)
- Mrudveekaadi lehya, 12 to 24 g., with water / milk (AH)
- Muktaa bhasma, 125 mg., with honey / butter / milk. (RT)
- Muktaa panchaamruta rasa, 250 mg., with pippalee choorna / milk / honey. (RM)
- Naaga vallabha rasa, 62.5 to 125 mg , with aardraka svarasa / honey / taamboola patra rasa. (YR)
- Naarasimha choorna, 1.5 g , with milk / ghee / honey. (BR)
- Pippalyaadi ghruta, 12 g , with warm milk / warm water (AH)

- Praanadaa gutikaa, 2 to 4 mg , with honey / water. (BR)
- Pravaala pishtee, 250 mg., with honey / butter / ghee. (ASS)
- Sapta vimsatika guggulu, 6 g., with warm water. (BR)
- Saubhaagya vatee, 250 mg., with aadraka svarasa / warm water. (BR)
- Shat pala ghruta (Pancha kolaadi ghruta), 12 g., with warm milk / warm water. (AH)
- Sivaa gutikaa, 12 g., with milk / maamsa rasa / daadima rasa / mrudveekaa rasa / aasavaarishtaa. (AS)
- Soorana vatakaa, 2 to 4 g., with water. (SS)
- Soota sekhara rasa, 125 mg., with ghee / honey. (YR)
- Srunga bhasma, 250 to 500 mg., with ghee / honey. (RT)
- Srungyaadi choorna, 0.25 to 1 g., with honey. (SS)
- Svaasa kuthaara rasa, 125 to 250 mg., with honey. (YR)
- Taaleesaadya choorna, 3 g , with honey. (SS)
- Taamra bhasma, 31.25 to 62.5 mg., with trikatu kashaaya / ghee / honey / duraalabhaa kvaatha / aadraka rasa / gudoochee rasa. (Ay P)
- Vaasa kaasava (Vaasakaarishta / Vaasaarishta), 12 to 24 ml. (GN)
- Vaasaa chandanaadi taila, to be used externally for abhyanga. (BR)
- Vaasaa kshaara, 0.5 g., with water. (Su.S)
- Vaasaava leha, 6 to 12 g., with milk / water. (BR)
- Vaatagni kumaara rasa, 125 mg., with honey / warm water / amrutaarishta / kiraata tiktaarishta. (PI)
- Vaikraanta bhasma, 62.5 mg , with honey / ghee. (RT)
- Vanga bhasma, 125 to 250 mg., with gudoochee svarasa / gudoochee sattva / honey / ghee / haridraa rasa (RT)
- Vidaaryaadi ghruta, 12 g., with warm milk / warm water. (AH)
- Vidaaryaadi kvaatha choorna, 48 g. (AH)
- Yakrudaari lauha, 250 to 500 mg., with pippalee choorna / honey. (RSS)

Kachchhu

- Jaatyaadi taila, to be used externally for abhyanga. (SS)
- Soma raajee taila, to be externally for abhyanga. (BR)

Kampa

- Sahacharaadi taila, 6 to 12 g., with goat's milk / warm water. Also used externally for abhyanga. (AH)

Kandu

- Aaragvadaadi kvaatha choorna, 48 g. (AH)
- Chandana balaa laakshaadi taila, 6 g., with milk / warm water. Also used externally for abhyanga (YR)
- Haridraa khanda, 6 g., with water / milk. (BR)
- Neelikaadya taila, to be used externally for abhyanga. (SS)
- Rasottamaadi lepa choorna, to be mixed with ghee / coconut oil and applied externally. (VJ)
- Soma raajee taila, to be used externally for abhyanga. (BR)

Kapha jvara

- Nimbaadi kvaatha choorna, 48 g., with honey. (CD)

Kapha pitta roga

- Taamra bhasma, 31.25 to 62.5 mg., with trikatu kashaaya / ghee / honey / duraalabhaa kvaatha / aardraka rasa / gudoochee rasa. (Ay.P)

Kapha roga

- Abhraka bhasma, 125 to 375 mg., with honey / ghee / triphalaa kvaatha / gudoochee svarasa / aardraka svarasa. (RT)
- Chandana balaa laakshaadi taila, 6 g., with milk / warm water Also used externally for abhyanga. (YR)
- Chaturjaata choorna, 2 to 4 g., with warm water. (SS)
- Kapha ketu rasa, 125 mg., with aardraka svarasa. (RSS)
- Rasa sindoor, 125 mg., with honey. (RT)
- Vaata vidhvamsana rasa, 250 mg., with honey. (YR)
- Vanga bhasma, 125 to 250 mg., with gudoochee svarasa / gudoochee sattva / honey / ghee / haridraa rasa. (RT)
- Vyoshaadi guggulu, 3 g., with warm water. (AH)

Kapha vaataja naadee vrana

- Saindhavaadi taila, to be used externally for abhyanga. (BR)

Kapha vikaara

- Aaragvadaadi kvaatha choorna, 48 g (AH)

Kaphaja hrudroga

- Hrudayaarnava rasa, 125 to 250 mg., with kaakamaachee kvaatha / triphalaa kvaatha / arjuna choorna / honey. (RSS)

Kaphaja kaasa

- Dasa moola ghruta, 12 g., with warm water / warm milk (AH)
- Dasa moola kvaatha choorna, 48 g., with pippalee choorna. (BR)

Kaphaja sandhi bandha

- Sameera pannaga rasa, 62.5 to 125 mg., with betel leaf / honey. (AAS)

Kaphonmaada

- Sameera pannaga rasa, 62.5 to 125 mg., with betel leaf / honey. (AAS)

Karna naada

- Mahaa visha garbha taila, to be used externally for abhyanga (BR)

Karna roga

- Asana bilvaadi taila, to be used externally for abhyanga (SY)
- Bhrunga raaja taila, to be used externally for nasya / sirobhyanga / kabala graha (BR)
- Patolaadi ghruta, 12 g., with warm milk / warm water. (AH)
- Vachaa lasoonaadi taila, to be used externally as ear drops / sirobhyanga (SY)

Karna sraava

- Kapardikaa bhasma, 250 mg., with vaasaa svarasa / nimbu svarasa / trikatu kashaaya / udumbara rasa. (Ay.P)
- Vachaa lasoonaadi taila, to be used externally as ear drops / sirobhyanga.

(SY)

Kashtaarttava

- Kaaseesa bhasma, 250 mg., with baakuchee choorna / triphalaa kvaatha / madhu. (RM)
- Rajah pravartinee vatee, 250 mg., with warm water / tila kashaaya / kulattha kashaaya. (BR)

Katee graha

- Laghu visha garbha taila, to be used externally for abhyanga. (BR)
- Prasaarinee taila, to be used externally for abhyanga. (SS)
- Trayo dasaanga guggulu, 3 g., with triphalaa kvaatha / honey / lasuna svarasa (BR)

katee soola

- Asoka ghruta, 12 g., with warm water / warm milk. (BR)
- Prabhanjana vimardana taila, to be used externally for abhyanga. (SY)
- Vaataari guggulu, 3 g., with warm water. (BR)

Kesa paata

- Bhrungaamalakaadi taila, to be used externally for sirobhyanga. (SY)
- Neelee bhrungaadi taila, to be used externally for sirobhyanga. (SY)
- Shad bindu taila, to be used externally for nasya / kabala graha / sirobhyanga / abhyanga. (BR)
- Triphalaadi taila, to be used externally for abhyanga. (SY)

Khaalitya

- Neelikaadya taila, to be used externally for abhyanga (SS)
- Triphalaadi taila, to be used externally for abhyanga. (SY)

Khanja

- Prasaarinee taila, to be used externally for abhyanga. (SS)
- Simhanaada guggulu, 3 g., with warm water. (BR)
- Vaataari guggulu, 3 g., with warm water. (BR)

Kilaasa or Svitra

- Madhu snuhee rasaayana, 12 g., with water / milk. (SY)
- Madhookaasava, 12 to 24 ml. (AH)
- Patola moolaadi kvaatha choorna, 48 g , with honey. (AH)

Klama

- Brahma rasaayana, 12 g., with water / milk. (AH)

Kledi vrana

- Jaatyaadi ghruta, for ext use only. (AH)

Krumi

- Dantyaadyarishta, 12 to 24 ml. (AH)
- Kankaayana gutikaa, 2 g., with ghee / milk / water / madya. (BR)
- Khadiraarishta, 12 to 24 ml. (SS)
- Krumi mudgara rasa, 125 to 250 mg., with honey / mustaa kashaaya. (RSS)
- Loha bhasma, 125 to 250 mg , with honey / ghee / trikatu choorna / triphalaa choorna / haridraa rasa. (RT)

- Maani bhadra yoga (Maani bhadra guda), 6 g., with milk / water. (AH)
- Rasa karpooora, 2 to 4 mg., with nava saaraadi jala / tvak choorna. (RT)
- Rasa pushpa, 62.5 to 125 mg., in a gelatine capsule or in a draakshaa. (RT)
- Vanga bhasma, 125 to 250 mg., with gudoochee svarasa / gudoochee sattva / honey / ghee / handraa rasa. (RT)
- Vidanga lauha, 500 mg , with kampillaka choorna / honey. (RSS)

Krumi dushta vrana

- Amrutaa ghruta, 12 g , with warm milk / warm water. (CD)

Krumija hudroga

- Praanadaa gutikaa, 2 to 4 mg , with honey / water. (BR)

Kshata

- Balaa taila, 6 g., with warm water / milk. (AH)
- Naarikela khanda, 6 to 12 g , with water (BR)
- Sataavaree guda, 6 g., with milk. (SY)

Kshata ksheena

- Amruta praasa ghruta, 12 g., with warm milk / warm water. (AH)
- Chyavana praasa, 12 to 24 g., with milk. (CS)
- Nirgundee ghruta, 12 g., with warm water / warm milk. (CD)

Kshata sukra

- Danta vartti, to be mixed with honey and applied to the internal eyelids. (AH)

Kshaya

- Agastya hareetakee rasaayana, 6 to 12 g., with warm water / milk. (AH)
- Balaa dhaatryaadi taila, 15 drops. Also used externally for abhyanga (SY)
- Balaa taila, 6 g., with warm water / milk. (AH)
- Balaasvagandha laakshaadi taila, to be used externally for abhyanga (SY)
- Cnandana balaa laakshaadi taila, 6 g., with milk / warm water. Also used externally for abhyanga. (YR)
- Chandanaadi taila, to be used externally for abhyanga. (YR)
- Chaturmukha rasa, 125 mg , with triphalaa kvaatha / honey. (BR)
- Chhaagalaadya ghruta, 3 g , with warm water / warm milk (BR)
- Chyavana praasa, 12 to 24 g., with milk. (CS)
- Dasa moolaarishtha, 12 to 24 ml. (SS)
- Draakshaarishta, 12 to 24 ml. (SS)
- Elaadi ghruta, 12 g., with milk / warm water. (AH)
- Gudoochyaadi modaka, 6 to 12 g , with ghee / honey / sugar candy (YR)
- Indu kaanta ghruta, 12 g., with warm milk / warm water / gudoochee svarasa. (SY)
- Kaanta vallabha rasa, 125 mg., with honey. (VY)
- Karpoooraadi choorna, 1 to 2 g., with honey. (SY)

- Kooshmandaka rasaayana (Kooshmaanda khanda), 6 to 12 g., with water / milk. (BR)
- Laghu maalinee vasanta rasa, 250 mg., with milk / honey. (YR)
- Muktaa bhasma, 125 mg., with honey / butter / milk. (RT)
- Muktaa panchaamruta rasa, 250 mg., with pippalee choorna / milk / honey. (RM)
- Naaga vallabha rasa, 62.5 to 125 mg., with aardraka svarasa / honey / taamboola patra rasa. (YR)
- Naarasimha choorna, 1.5 g., with milk / ghee / honey. (BR)
- Nava ratna raaja mrugaanka rasa, 125 mg., with pippalee choorna / honey / gudoochee sattva / butter. (YR)
- Pippalyaadyaasava, 12 to 24 ml. (SS)
- Sataavaree guda, 6 g., with milk. (SY)
- Sitopalaadi choorna, 1 to 3 g., with ghee / honey. (SS)
- Svarna bhoopatee rasa, 250 mg., with aardraka svarasa / pippalee choorna. (YR)
- Vaasa kaasava (Vaasakaarishta / Vaasaarishta), 12 to 24 ml. (GN)
- Vanga bhasma, 125 to 250 mg., with gudoochee svarasa / gudoochee sattva / honey / ghee / haridraa rasa. (RT)
- Vasanta kusumaakara rasa, 125 to 250 mg., with honey / milk. (RSS)
- Vidaaryaadi ghruta, 12 g., with warm milk / warm water. (AH)
- Vidaaryaadi kvaatha choorna, 48 g. (AH)

Kshayaja kaasa

- Draakshaadi choorna, 3 to 6 g., with sataavaree svarasa / useera kashaaya / honey / water. (VY)
- Pravaala bhasma, 250 mg., with tandulodaka / gokshura kashaaya / honey / ikshu rasa / sataavaree kashaaya. (RT)

Ksheena

- Pooga khanda, 6 to 12 g., with water. (BR)

Kshudra kushta

- Tuvarka taila, 10 to 20 drops with cow's milk / butter. Also used externally for abhyanga. (Su.S)

Kubja vaata

- Bruhat maasha taila, 6 g., with warm water / milk. (BR)
- Prasaarinee taila, to be used externally for abhyanga. (SS)
- Raasnaadi kvaatha choorna, 48 g., with sandhava / khanda / pippalee. (SY)

Kukshi soola

- Asoka ghruta, 12 g., with warm water / warm milk. (BR)

Kushtha

- Aaragvadhadi kvaatha choorna, 48 g. (AH)
- Aarogya vardhinee gutikaa, 250 to 500 mg., with aardraka svarasa / honey / nimba svarasa / water / milk. (RSS)
- Ayaskruti, 12 to 24 ml. (AH)

- Braahmee ghruta, 12 g., with warm milk / warm water. (AH)
- Bruhat gudoochi taila, 12 g., with warm water / milk. Also used externally for abhyanga (BR)
- Bruhat manjishthaadi kvaatha choorna, 48 g., with pippalee / guggulu. (SS)
- Dasaanga lepa, to be mixed with ghee / water and applied over the affected parts / forehead respectively. (BR)
- Harataala bhasma, 31.25 to 125 mg., with honey / butter. (RRS)
- Kaanchanaara guggulu, 3 g , with mundee kvaatha / khadira saara kvaatha / hareetakee kvaatha / hot water. (SS)
- Kaaseesaadi ghruta, for ext. use only. (SS)
- Kalyaanaka guda, 6 to 12 g., with milk / water. (AH)
- Kushtha raakshasa taila, to be used externally for abhyanga (BR)
- Lakshmee vilaasa rasa (naaradeeya), 250 mg., with taamboola svarasa / honey / milk. (BR)
- Loha bhasma, 125 to 250 mg., with honey / ghee / trikatu choorna / triphalaa choorna / handraa rasa. (RT)
- Maani bhadra yoga (Maani bhadra guda), 6 g., with milk / water (AH)
- Madhu snuhee rasaayana, 12 g., with water / milk (SY)
- Madhookaasava, 12 to 24 ml. (AH)
- Mahaa tiktaka ghruta, 6 g., with milk / warm water. (BR)
- Mahaa yoga raaja guggulu, 0.5 to 1 g., with raasnaadi kvaatha / kaakolyaadi kvaatha / aaragvadhaadi kvaatha / triphalaa kvaatha / nimba kvaatha / honey (SS)
- Mandoora vataka, 1 g., with buttermilk / honey. (AH)
- Naalpaamaraadi taila, to be used externally for abhyanga. (SY)
- Nimbaadi choorna, 1 to 3 g , with gudoochee kvaatha / warm water. (BR)
- Pancha tiktaka ghruta, 6 g., with warm milk / warm water. (BR)
- Pathyaadi lepa, to be applied over the affected parts of the skin. (YR)
- Patola moolaadi kvaatha choorna, 48 g., with honey. (AH)
- Patolaadi kvaatha choorna, 48 g., with pippalee choorna / honey. (AH)
- Rasa parpatee, 250 mg. to 1000 mg., (to be increased gradually), with milk / buttermilk / jeeraka kvaatha. (BR)
- Rodhraasava (Lodhraasava), 12 to 24 ml. (AH)
- Simhanaada guggulu, 3 g., with warm water. (BR)
- Sivaa gutikaa, 12 g., with milk / maamsa rasa / daadima rasa / mrudveekaa rasa / aasavaarishtaa. (AS)
- Sivaa gutikaa (laghu), 6 g., with water on empty stomach. (YR)
- Soma raajee taila, to be used externally for abhyanga. (BR)
- Svarna maakshika bhasma, 125 to 250 mg., with aardraka svarasa / pippalee choorna. (YR)
- Taamra bhasma, 31.25 to 62.5 mg., with trikatu kashaaya / ghee / honey / duraalabhaa kvaatha / aardraka rasa / gudoochee rasa (Ay.P)

- Trikatu choorna, 1 to 3 g., with honey / warm water. (BR)
- Vaari soshana rasa, 62.5 to 125 mg., with trikatu kvaatha / triphalaa kvaatha / kaakodumbarikaa rasa. (BR)
- Vajraka ghruta, 6 g., with warm milk / warm water. (AH)
- Vajraka taila, to be used externally for abhyanga. (AH)
- Visha tinduka taila, to be used externally for abhyanga. (BR)
- Vrana raakshasa taila, to be used externally for abhyanga. (BR)

Loota, vruscheeka, sarpa visha

- Bilvaadi gutikaa, to be used externally as anjana / nasya / lepa. (AH)

Maamsa vrudhi

- Vrana raakshasa taila, to be used externally for abhyanga. (BR)

Maanasa dosha

- Saarasvataarishta, 12 to 24 ml. (BR)

Mada

- Dhaatryaadi ghruta, 12 g., with ghee mixed in equal quantity of sugar. (SY)
- Sree khandaasava, 12 to 24 ml. (BR)

Madaatyaya

- Dhaatryaadi ghruta, 12 g., with ghee mixed in equal quantity of sugar (SY)
- Elaadya modaka, 12 g., with milk / mudga yoosha. (BR)
- Rajata bhasma, 125 mg., with chitraka moola kashaaya / parpaataka kashaaya / useera kashaaya / brahmee rasa / honey. (RT)

Madhu meha

- Aarogya vardhinee gutikaa, 250 to 500 mg., with aadraka svarasa / honey / nimba svarasa / water / milk. (RSS)
- Dhaanvantara ghruta, 48 g., with warm water. (AH)
- Trivanga bhasma, 125 mg., with honey / butter. (SYS)

Mahaa kushtha

- Khadiraarishta, 12 to 24 ml. (SS)
- Tuvaraka taila, 10 to 20 drops with cow's milk / butter. Also used externally for abhyanga. (Su.S)

Mahaa vaata roga

- Gandharva hasta taila, 6 to 12 g., with warm water (AS)

Majjaa gata vaata

- Pancha tiktaka guggulu ghruta (Nimbaadi ghruta), 12 g., with milk / warm water. (AH)

Mala bandha

- Abhayaarishta, 12 to 24 ml. (BR)
- Ardha bilva kvaatha choorna, 48 g. (SY)
- Asva kanchukee rasa, 125 mg., with honey / sunthee kvaatha / taamboola rasa / cold water. (RYS)
- Avipattikara choorna, 3 to 6 g., with honey / milk / water. (BR)
- Chandra prabhaa vatee, 250 to 500 mg., with water / milk / ginger

powder. (SS)

- Gandharva hastaadi kvaatha choorna, 48 g , with saindhava lavana and guda (SY)
- Kaisora guggulu, 3 g., with mudga yoosha / milk / sugandhi jala. (BR)
- Kalyaana kshaara, 1 g., with ghruta. (AH)
- Misraka sneha, 3 g , with warm milk / warm water (AH)
- Sapta saara kvaatha choorna, 48 g., with guda / pippalee / saindhava / hingu / sarpi (SY)
- Sukumaara ghruta, 12 g., with warm milk / warm water. (SY)

Manda buddhitva

- Maanasa mitra vataka, 1 g., with milk. (SY)

Manda jvara

- Pippalyaadi lauha, 250 mg , with honey. (BR)

Mano daurbalya

- Brahma rasaayana, 12 g., with water / milk. (AH)
- Pravaala pishtee, 250 mg., with honey / butter / ghee (ASS)

Mano vibhrama

- Mruta sanjeevanee guteekaa, 1 g., with milk (SY)

Mano vikaara

- Muktaa bhasma, 125 mg , with honey / butter / milk (RT)

Manodosha

- Maanasa mitra vataka, 1 g , with milk (SY)
- Muktaa pishtee, 65 to 125 mg., with honey / butter / milk. (ASS)

Manyaa stambha

- Bhrunga raaja taila, to be used externally for nasya / sirobhyanga / kabala graha. (BR)
- Chaturmukha rasa, 125 mg., with triphalaa kvaatha / honey. (BR)
- Laghu visha garbha taila, to be used externally for abhyanga. (BR)
- Mahaa naaraayana taila, 6 g., with milk / warm water. Also used externally for nasya / abhyanga / anuvaasana. (BR)
- Naaraayana taila, 6 g., with warm water / milk. Also used externally for nasya / abhyanga / anuvaasana. (BR)

Marma vikaara

- Marma gutika, 2 g., with water. (SY)

Marmaasrita vrana

- Jaatyaadi ghruta, for ext. use only. (AH)

Medhaa

- Saarasvata ghruta, 12 g., with warm milk / warm water. (AH)

Medo dosha

- Aarogya vardhinee gutikaa, 250 to 500 mg., with aardraka svarasa / honey / nimba svarasa / water / milk. (RSS)
- Loha bhasma, 125 to 250 mg., with honey / ghee / trikatu choorna / triphalaa choorna / haridraa rasa. (RT)
- Vajra bhasma, 8 mg., with honey / santaanikaa. (RT)

- Vanga bhasma, 125 to 250 mg., with gudoochee svarasa / gudoochee sattva / honey / ghee / haridraa rasa. (RT)

Medo roga

- Karpoooraadyarka, 6 to 12 ml. (AP)
- Vyoshaadi guggulu, 3 g., with warm water. (AH)

Meha

- Elaadi ghruta, 12 g., with milk / warm water. (AH)
- Nava ratna raaja mrugaanka rasa, 125 mg., with pippalee choorna / honey / gudoochee sattva / butter. (YR)
- Rodhraasava (Lodhraasava), 12 to 24 ml. (AH)
- Saarivaadyaasava, 12 to 24 ml. (BR)
- Vasanta kusumaakara rasa, 125 to 250 mg., with honey / milk. (RSS)

Moodha garbha

- Prabhanjana vimardana taila, to be used externally for abhyanga (SY)

Moodha vaata

- Pippalyaadi taila, to be used externally for anuvaasana. (BR)
- Sooranaava leha, 6 to 12 g., with water / milk (SS)

Moorchchhaa

- Asva gandhaadyarishta, 12 to 24 ml. (BR)
- Balaa taila, 6 g., with warm water / milk. (AH)
- Dhaatryaadi ghruta, 12 g., with ghee mixed in equal quantity of sugar (SY)
- Draakshaadi kvaatha choorna, 48 g., with honey / sitaa / laaja. (AH)
- Elaadi gutikaa, 2 to 4 g., with honey (BR)
- Pooga khanda, 6 to 12 g., with water. (BR)
- Saubhaagya vatee, 250 mg., with aardraaka svarasa / warm water. (BR)
- Vaata kulaantaka rasa, 125 to 250 mg., with braahmee rasa / vachaa choorna / milk. (BR)

Mootra kruchchhra

- Bruhat saindhavaadya taila, to be used externally for abhyanga (BR)
- Chaangeree ghruta, 12 g., with warm milk / warm water (BR)
- Chandanaasava, 12 to 24 ml. (BR)
- Chandra kalaa rasa, 125 to 250 mg., with honey (YR)
- Chandra prabhaa vatee, 250 to 500 mg., with water / milk / ginger powder. (SS)
- Dasa moola hareetakee, 6 to 12 g., with water / milk. (AH)
- Gokshuraadi guggulu, 3 g., with mustaa kvaatha / paashaana bheda kvaatha / useera kvaatha. (SS)
- Gudoochyaadi modaka, 6 to 12 g., with ghee / honey / sugar candy. (YR)
- Kumaaryaasava, 12 to 24 ml. (SS)
- Moolaka kshaara, 1 g., with water (Su.S)
- Nyagrodhaadi choorna, 1 to 3 g., with honey / triphalaa kashaaya. (YR)
- Palaasa kshaara, 0.5 to 1 g., with warm water / milk. (Su.S)

- Pippalyaadi taila, to be used externally for anuvaasana. (BR)
- Praanadaa gutikaa, 2 to 4 mg., with honey / water. (BR)
- Pravaala bhasma, 250 mg., with tandulodaka / gokshura kashaaya / honey / ikshu rasa / sataavaree kashaaya. (RT)
- Sataavaree guda, 6 g., with milk. (SY)
- Sivaa gutikaa (laghu), 6 g., with water on empty stomach. (YR)
- Traikantaka ghruta, 12 g., with warm water / laghu truna pancha moola kvaatha / warm milk. (SY)
- Vastyamayaantaka ghruta, 12 g., with warm milk / laghu pancha moola kvaatha / truna pancha moola kvaatha. (SY)
- Yava kshaara, 0.5 to 1 g., with warm water / ghruta. (Su.S)

Mootra maarga roga

- Svarna vanga, 125 to 250 mg., with butter / honey. (RM)

Mootra saada

- Pravaala bhasma, 250 mg., with tandulodaka / gokshura kashaaya / honey / ikshu rasa / sataavaree kashaaya. (RT)

Mootra sanga

- Saptaamruta lauha, 250 mg., with honey / ghee / milk (BR)

Mootraaghaata

- Gokshuraadi guggulu, 3 g., with mustaa kvaatha / paashaana bheda kvaatha / useera kvaatha. (SS)
- Gudoochyaadi modaka, 6 to 12 g., with ghee / honey / sugar candy. (YR)
- Nyagrodhaadi choorna, 1 to 3 g., with honey / triphalaa kashaaya. (YR)

Mukha daurgandhya

- Jataamaamsyarka, 12 to 24 ml. (AP)
- Karpoooraadyarka, 6 to 12 ml. (AP)
- Khadiraadi gutikaa (mukha roga), 2 g., with honey. (CS)

Mukha paaka

- Khadiraadi gutikaa (mukha roga), 2 g., with honey. (CS)

Mukha roga

- Arimedaadi taila, to be used externally for kabala graha / nasya / sirodhaarana. (AH)
- Gomootra hareetakee, 2 to 4 g., with water. (AH)
- Kaalaka choorna (Kaalaka lepa), to be used for kavala dhaarana, with water. (AH)
- Kanaka taila, to be used externally for nasya / abhyanga. (BR)
- Kunkumaadi taila, to be used externally for nasya / abhyanga. (YR)

Naadee vrana

- Harataala bhasma, 31.25 to 125 mg., with honey / butter. (RRS)
- Jaatyaadi taila, to be used externally for abhyanga. (SS)
- Lakshmee vilaasa rasa (naaradeeya), 250 mg., with taamboola svarasa / honey / milk. (BR)
- Pancha tiktaka guggulu ghruta (Nimbaadi ghruta), 12 g., with milk /

warm water. (AH)

- Soma raajee taila, to be used externally for abhyanga. (BR)
- Vrana raakshasa taila, to be used externally for abhyanga. (BR)

Naasaa roga

- Patolaadi ghruta, 12 g., with warm milk / warm water. (AH)

Naktaandhya

- Mahaa triphalaadya ghruta, 12 g., with warm milk / warm water. (BR)
- Patolaadi ghruta, 12 g., with warm milk / warm water. (AH)

Nava jvara

- Ratnagiri rasa, 125 mg., with pippalee choorna / dhaanyaka choorna / honey. (BR)

Neelika

- Kanaka taila, to be used externally for nasya / abhyanga (BR)
- Kunkumaadi taila, to be used externally for nasya / abhyanga. (YR)
- Mahaa triphalaadya ghruta, 12 g., with warm milk / warm water (BR)
- Soma raajee taila, to be used externally for abhyanga (BR)

Netra adhimaamsa

- Chandrodayaa vartti, to be mixed with honey and applied to the inner eyelids (BR)

Netra daaha

- Balaa dhaatryaadi taila, 15 drops. Also used externally for abhyanga. (SY)

Netra kandu

- Vimala vartti, to be applied to the inner eyelids (SY)

Netra roga

- Asana bilvaadi taila, to be used externally for abhyanga. (SY)
- Balaa dhaatryaadi taila, 15 drops. Also used externally for abhyanga (SY)
- Bhrunga raaja taila, to be used externally for nasya / sirobhyanga / kabala graha. (BR)
- Danta vartti, to be mixed with honey and applied to the internal eyelids. (AH)
- Kapardikaa bhasma, 250 mg., with vaasaa svarasa / nimbu svarasa / trikatu kashaaya / udumbara rasa. (Ay.P)
- Karpooaraadi kuzambu (laghu), to be mixed with honey and applied to the inner eyelids. (SY)
- Kayyonnyaadi taila, to be used externally for sirobhyanga. (SY)
- Mrudveekaarishta, 12 to 24 ml. (SS)
- Muktaadi mahaanjana, to be mixed with honey and applied to the eye lids. (BR)
- Taamra bhasma, 31.25 to 62.5 mg., with trikatu kashaaya / ghee / honey / duraalabhaa kvaatha / aardraka rasa / gudoochee rasa. (Ay.P)
- Taamraadi gutikaa, to be mixed with honey and applied to the inner eyelids. (SY)

- Triphalaa choorna, 3 to 6 g., with ghee / honey / warm water. (BP)
- Tunga drumaadi taila, to be used externally for sirobhyanga. (SY)
- Vajra bhasma, 8 mg., with honey / santaanikaa. (RT)

Netra ruja

- Manjishthaadi taila, to be used externally for abhyanga. (SY)

Netra sukra

- Patolaadi ghruta, 12 g , with warm milk / warm water. (AH)

Netra vrana

- Elaneer kuzambu (Naalikeraanjana), to be applied to inner eyelids. (SY)

Netraabhishyanda

- Mahaa triphalaadya ghruta, 12 g , with warm milk / warm water. (BR)

Oja kshaya

- Maanikya pishtee, 65 to 125 mg., with honey / buttermilk (RM)
- Pravaala pishtee, 250 mg., with honey / butter / ghee. (ASS)

Oordhvaga rakta pitta

- Draakshaadi kvaatha choorna, 48 g , with honey / sitaa / laaja. (AH)

Oordhva jatrugata roga

- Anu taila, 5 to 10 drops for nasya. (AH)
- Triphalaadi taila, to be used externally for abhyanga. (SY)

Oordhva svaasa

- Vidaaryaadi kvaatha choorna, 48 g. (AH)

Oordhvaanga roga

- Kapha ketu rasa, 125 mg., with aardraka svarasa. (RSS)
- Lakshmee vilaasa rasa (naaradeeya), 250 mg., with taamboola svarasa / honey / milk. (BR)

Oorustambha

- Mandoora vataka, 1 g., with buttermilk / honey. (AH)
- Sivaa gutikaa, 12 g., with milk / maamsa rasa / daadima rasa / mrudveekaa rasa / aasavaarishtaa. (AS)
- Vidangaarishta, 12 to 24 ml. (SS)

Paada daaha

- Gudoochyaadi modaka, 6 to 12 g., with ghee / honey / sugar candy. (YR)
- Sataavaree guda, 6 g., with milk. (SY)

Paamaa

- Kaaseesaadi ghruta, for ext. use only. (SS)
- Rasottamaadi lepa choorna, to be mixed with ghee / coconut oil and applied externally. (VJ)
- Soma raajee taila, to be used externally for abhyanga. (BR)
- Sree khandaasava, 12 to 24 ml. (BR)

Paana vibhrama

- Sree khandaasava, 12 to 24 ml. (BR)

Paanaajeerna

- Sree khandaasava, 12 to 24 ml. (BR)

Paanaatyaya

- Sree khandaasava, 12 to 24 ml. (BR)

Paandu

- Abhraka bhasma, 125 to 375 mg., with honey / ghee / triphalaa kvaatha / gudoochee svarasa / aardraka svarasa. (RT)
- Asoka ghruta, 12 g., with warm water / warm milk. (BR)
- Ayaskruti, 12 to 24 ml. (AH)
- Chandana balaa laakshaadi taila, 6 g., with milk / warm water. Also used externally for abhyanga. (YR)
- Chandra prabhaa vatee, 250 to 500 mg., with water / milk / ginger powder. (SS)
- Chaturmukha rasa, 125 mg., with triphalaa kvaatha / honey. (BR)
- Daadimaadi ghruta, 48 g., with warm water. (AH)
- Dantee hareetakee, half to one hareetakee and 6 to 12 g. of leha, with water. (AH)
- Dasa moola shatpalaka ghruta, 12 g., with warm milk / warm water. (CD)
- Dhaanvantara ghruta, 48 g., with warm water. (AH)
- Dhaatree lauha, 0.5 to 1 g., with ghee / honey. (BR)
- Draakshaava leha, 6 to 12 g., with water / milk. (AH)
- Dugdha vatee (Sotha), 60 mg, with milk. (BR)
- Elaadi ghruta, 12 g., with milk / warm water. (AH)
- Harataala bhasma, 31.25 to 125 mg., with honey / butter. (RRS)
- Hingu vachaadi choorna, 2 to 4 g., with buttermilk / warm water. (AH)
- Huta bhugaadi choorna, 3 to 6 g, with thin buttermilk. (SY)
- Kaanta vallabha rasa, 125 mg., with honey. (VY)
- Kaaseesa bhasma, 250 mg., with baakuchee choorna / triphalaa kvaatha / madhu. (RM)
- Kalyaanaka ghruta, 12 g., with warm milk / warm water. (AH)
- Khadiraarishta, 12 to 24 ml. (SS)
- Laghu chinchadika lehya, 6 g., with buttermilk. (SY)
- Laghvaananda rasa, 250 mg., with betel leaf and honey. (RSS)
- Lauha parpatee, 250 mg., with milk / buttermilk / bhrushta jeeraka choorna / daadima svarasa. (SY)
- Loha bhasma, 125 to 250 mg., with honey / ghee / trikatu choorna / triphalaa choorna / haridraa rasa. (RT)
- Lohaasava, 12 to 24 ml. (SS)
- Mahaa kalyaanaka ghruta, 12 g., with warm milk / warm water. (AH)
- Mahaa tiktaka ghruta, 6 g., with milk / warm water. (BR)
- Mandoora bhasma, 250 to 500 mg., with honey / triphalaa kvaatha / punarnavaashtaka kvaatha / punarvava rasa. (RT)
- Mandoora vataka, 1 g., with buttermilk / honey. (AH)
- Nava ratna raaja mrugaanka rasa, 125 mg., with pippalee choorna / honey / gudoochee sattva / butter. (YR)

- Navaayasa choorna, 1 g., with honey / water. (BR)
- Praanadaa gutikaa, 2 to 4 mg., with honey / water. (BR)
- Pradaraantaka lauha, 500 mg., with honey / sugar / ghee. (BR)
- Punarnavaadi mandoora, 1 g., with water / buttermilk. (CS)
- Puta pakva vishama jvaraantaka lauha, 250 mg., with pippalee / hingu / saindhava / honey / gudoochee svarasa / sephaalee svarasa. (RSS)
- Rajanyaadi choorna, 0.5 to 2 g., with ghee / honey. (AH)
- Rasa parpatee, 250 mg., (to be increased gradually), with milk / buttermilk / jeeraka kvaatha. (BR)
- Rodhraasava (Lodhraasava), 12 to 24 ml. (AH)
- Sivaa gutikaa (laghu), 6 g., with water on empty stomach. (YR)
- Sivaa gutikaa, 12 g., with milk / maamsa rasa / daadima rasa / mrudveekaa rasa / aasavaarishtaa (AS)
- Soola vajrinee vatikaa, 25 mg., with warm water. (RSS)
- Sree nrupati vallabha rasa, 250 mg., with aadraka svarasa / honey / dhaatree svarasa. (BR)
- Svarna bhasma, 15.5 to 62.5 mg., with honey / butter. (RT)
- Svarna maakshika bhasma, 125 to 250 mg., with aadraka svarasa / pippalee choorna. (YR)
- Taamra bhasma, 31.25 to 62.5 mg., with trikatu kashaaya / ghee / honey / duraalabhaa kvaatha / aadraka rasa / gudoochee rasa. (Ay.P)
- Vaari soshana rasa, 62.5 to 125 mg., with trikatu kvaatha / triphalaa kvaatha / kaakodumbarikaa rasa. (BR)
- Vaasaa chandanaadi taila, to be used externally for abhyanga. (BR)
- Vaasaa gudoochyaadi kvaatha choorna, 48 g., with honey. (AH)
- Vaikraanta bhasma, 62.5 mg., with honey / ghee. (RT)
- Vajra bhasma, 8 mg., with honey / santaanikaa. (RT)
- Vanga bhasma, 125 to 250 mg., with gudoochee svarasa / gudoochee sattva / honey / ghee / haridraa rasa. (RT)
- Vidangaadi lauha, 250 mg., with honey / buttermilk. (BR)

Paarsva rujaa

- Bruhat saindhavaadya taila, to be used externally for abhyanga. (BR)
- Chhaagalaadya ghruta, 3 g., with warm milk / warm water. (BR)
- Dasa moola katutraya kvaatha choorna, 48 g., with honey. (SY)
- Sapta vimsatika guggulu, 6 g., with warm water. (BR)
- Sitopalaadi choorna, 1 to 3 g., with ghee / honey. (SS)
- Srunga bhasma, 250 to 500 mg., with ghee / honey. (RT)
- Yavaanee shandava choorna (Yavaanyaadi choorna), 1 to 3 g., with warm water. (AH)

Pakshaaghaata

- Chaturbhuja rasa, 125 mg., with triphalaa kvaatha / honey / braahmee svarasa. (RSS)
- Dhaanvantara taila (Balaa taila), 10 to 60 drops, with warm milk. Also used externally for abhyanga and dhaara. (VY)

- Ekaanga veera rasa, 125 mg., with aadraka svarasa. (RS)
- Kaarpaasaasthyaadi taila, 12 g., with warm water / milk. Also used externally. (SY)
- Laghu visha garbha taila, to be used externally for abhyanga. (BR)
- Mahaa raasnaadi kvaatha choorna, 48 g., with sunthe choorna / pippalee choorna / ajamodaadi choorna / eranda taila. (SS)
- Rasa raaja rasa, 125 to 250 mg., with honey / milk. (BR)
- Yogendra rasa, 125 to 250 mg., with triphalaa kvaatha / honey. (BR)

Pakti soola

- Kumaaryaasava, 12 to 24 ml. (SS)
- Sankha vatee, 250 to 500 mg., with honey / warm water / buttermilk. (BR)

Pakvaateesaara

- Karpooora rasa, 125 , with honey / mustaa kashaaya. (BR)

Palita

- Amruta bhallaataka leha (Amruta bhallaataka paaka), 12 g., with maamsa rasa / milk / water. (AH)
- Anu taila, 5 to 10 drops for nasya. (AH)
- Bhrungaamalakaadi taila, to be used externally for sirobhyanga (SY)
- Kayyonnyaadi taila, to be used externally for sirobhyanga (SY)
- Neelee bhrungaadi taila, to be used externally for sirobhyanga. (SY)
- Neelikaadya taila, to be used externally for abhyanga (SS)
- Triphalaadi taila, to be used externally for abhyanga (SY)
- Yashtee madhuka taila, to be used externally for abhyanga. (SS)

Pangu

- Mahaa naaraayana taila, 6 g., with milk / warm water. Also used externally for nasya / abhyanga / anuvaasana. (BR)
- Naaraayana taila, 6 g , with warm water / milk Also used externally for nasya / abhyanga / anuvaasana. (BR)
- Prasaarinee taila, to be used externally for abhyanga. (SS)
- Simhanaada guggulu, 3 g., with warm water. (BR)

Parinaama soola

- Daadimaadi ghrita, 48 g., with warm water. (AH)
- Kapardikaa bhasma, 250 mg., with vaasaa svarasa / nimbu svarasa / trikatu kashaaya / udumbara rasa. (Ay.P)
- Kumaaryaasava, 12 to 24 ml. (SS)
- Naarikela lavana, 1 to 2 g., with pippalee choorna / water. (BR)
- Saamudraadya choorna, 1 to 2 g., with warm water. (BR)
- Sankha bhasma, 250 mg. to 300 mg., with nimboo svarasa / triphalaa kvaatha. (RT)
- Vaisvaanara choorna, 1 to 3 g., with kaanjika / buttermilk / ghee / warm water. (CD)

Peenasa

- Chitraka Hareetakee, 6 to 12 g., with water / milk. (BR)

- Kachchooraadi choorna, to be applied externally on the head, with breast milk / castor oil / butter. (SY)
- Kapha ketu rasa, 125 mg, with aandraka svarasa. (RSS)
- Mahaa lakshmee vilaasa rasa, 250 mg., with honey / milk. (RSS)
- Raasnaadi choorna (Raasnaadi lepa), to be mixed with castor oil and applied to the head. Also, after oilbath, the powder is to be put on the centre of the head and gently rubbed. (in Pratisyaaya). (SY)
- Sahacharaadi taila, 6 to 12 g., with goat's milk / warm water. Also used externally for abhyanga. (AH)
- Sivaa gutikaa, 12 g., with milk / maamsa rasa / daadima rasa / mrudveekaa rasa / aasavaarishtaa. (AS)
- Trikatu choorna, 1 to 3 g., with honey / warm water. (BR)

Phiranga

- Rasa pushpa, 62.5 to 125 mg., in a gelatine capsule or in a draakshaa. (RT)
- Svarna bhasma, 15.5 to 62.5 mg., with honey / butter. (RT)

Phirangaja vrana

- Rasa karpooora, 2 to 4 mg., with nava saaraadi jala / tvak choorna. (RT)

Phuphusa roga

- Paarthaadyarishta (Arjunaarishta), 12 to 24 ml. (BR)

Pidakaa

- Saarivaadyaasava, 12 to 24 ml. (BR)
- Soma raajee taila, to be used externally for abhyanga. (BR)
- Tiktaka ghruta, 12 g., with warm water. (AH)

Pitta daaha

- Madhu yashtyaadi taila, 6 g., with milk / warm water. Also used externally for nasya / abhyanga / anuvaasana. (AH)

Pitta jvara

- Godantee bhasma, 500 mg, with honey / tulasee svarasa / ghee / sugar (RT)
- Muktaa bhasma, 125 mg., with honey / butter / milk. (RT)
- Muktaa sukti bhasma, 250 to 500 mg, with honey / lemon juice (Ay.P)

Pitta vikaara

- Balaa dhaatryaadi taila, 15 drops. Also used externally for abhyanga. (SY)
- Chandana balaa laakshaadi taila, 6 g., with milk / warm water. Also used externally for abhyanga. (YR)
- Chandra kalaa rasa, 125 to 250 mg, with honey (YR)
- Laghu maalinee vasanta rasa, 250 mg, with milk / honey. (YR)
- Madhookaasava, 12 to 24 ml. (AH)
- Pravaala pishtee, 250 mg., with honey / butter / ghee. (ASS)
- Rajata bhasma, 125 mg., with chitraka moola kashaaya / parpaataka kashaaya / useera kashaaya / brahmeer rasa / honey. (RT)
- Rasa pushpa, 62.5 to 125 mg., in a gelatine capsule or in a draakshaa.

(RT)

- Truna kaanta manee pishtee (Kaharubaa pishtee), 250 mg., with rumee mastaagee choorna / honey / water / doorvaa svarasa. (RSSP)

Pittaarsa

- Bhallaatakaadi modaka, 2 g., with milk / water. (BR)

Pittaateesaara

- Jeerakaadi modaka, 3 g., with honey / ghee / sugar. (BR)

Pittaja gulma

- Dhaatryaadi ghruta, 12 g., with ghee mixed in equal quantity of sugar. (SY)

Pittaja kushtha

- Tiktaka ghruta, 12 g., with warm water. (AH)

Pittaja netra roga

- Elaneer kuzambu (Naalikeraanjana), to be applied to the internal eye lids. (SY)

Pittaja paandu

- Dhaatryaadi ghruta, 12 g., with ghee mixed in equal quantity of sugar. (SY)

Pittaja siro ruja

- Kachchooraadi choorna, to be applied externally on the head, with breast milk / castor oil / butter. (SY)

Pittaja svaasa

- Sitopalaadi choorna, 1 to 3 g., with ghee / honey. (SS)

Pleeha roga

- Daadimaadi ghruta, 48 g., with warm water. (AH)
- Dantee hareetakee, half to one hareetakee and 6 to 12 g. of leha, with water. (AH)
- Dantyaadyarishta, 12 to 24 ml. (AH)
- Dasa moola hareetakee, 6 to 12 g., with water / milk. (AH)
- Gandharva hasta taila, 6 to 12 g., with warm water (AS)
- Jvaraaryabhra, 125 to 250 mg., with aandraka rasa / honey. (BR)
- Kaaseesa bhasma, 250 mg., with baakuchee choorna / triphalaa kvaatha / madhu (RM)
- Loha bhasma, 125 to 250 mg., with honey / ghee / trikatu choorna / triphalaa choorna / haridraa rasa. (RT)
- Maani bhadra yoga (Maani bhadra guda), 6 g., with milk / water. (AH)
- Punarnavaadi mandoora, 1 g., with water / buttermilk. (CS)
- Puta pakva vishama jvaraantaka lauha, 250 mg., with pippalee / hingu / saindhava / honey / gudoochee svarasa / sephaalee svarasa. (RSS)
- Rajata bhasma, 125 mg., with chitraka moola kashaaya / parpaataka kashaaya / useera kashaaya / brahmeer rasa / honey. (RT)
- Roheetaka lauha, 250 mg., with honey. (BR)
- Roheetakaarishta, 12 to 24 ml. (BR)
- Sapta saara kvaatha choorna, 48 g., with guda / pippalee / saindhava /

hingu / sarpi. (SY)

- Sarva jvara hara lauha, 250 mg., with honey / gudoochee svarasa. (BR)
- Shat pala ghruta (Pancha koladi ghruta), 12 g., with warm milk / warm water. (AH)
- Sree nrupati vallabha rasa, 250 mg., with aardraka svarasa / honey / dhaatree svarasa. (BR)
- Sukumaara ghruta, 12 g., with warm milk / warm water. (SY)
- Soorana vatakaa, 2 to 4 g., with water. (SS)
- Yakrudaari lauha, 250 to 500 mg, with pippalee choorna / honey. (RSS)
- Yava kshaara, 0.5 to 1 g., with warm water / ghruta (Su.S)

Pleehaa vrudhi

- Mandoora bhasma, 250 to 500 mg., with honey / triphalaa kvaatha / punarnavaashtaka kvaatha / punarvava rasa. (RT)
- Sudarsana choorna, 2 to 4 g., with warm water. (BR)

Pleeha yakrud roga

- Pleehaari vatikaa, 250 mg., with water (BR)

Pleeha yakrut vrudhee

- Palaasa kshaara, 0.5 to 1 g., with warm water / milk. (Su S)

Pleehodara

- Arka lavana, 1 g., with water / buttermilk. (BR)
- Kaanta vallabha rasa, 125 mg., with honey. (VY)
- Kadalee kshaara, 125 to 250 mg., with water. (Su.S)
- Khadiraarishta, 12 to 24 ml. (SS)
- Soola vajrinee vatikaa, 25 mg., with warm water. (RSS)
- Yakrut soola vinaasinee vatikaa, 250 mg., with kaaraveilla rasa / water. (BR)

Pradara

- Asoka ghruta, 12 g., with warm water / warm milk (BR)
- Bruhat garbha chintaamani rasa, 250 mg., with honey. (RSS)
- Gokshuraadi guggulu, 3 g., with mustaa kvaatha / paashaana bheda kvaatha / useera kvaatha. (SS)
- Laghu maalinee vasanta rasa, 250 mg, with milk / honey. (YR)
- Pradaraantaka lauha, 500 mg., with honey / sugar / ghee. (BR).
- Pradaraari lauha, 1 to 2 g., with kusa moola kashaaya / milk (BR)
- Triphalaa ghruta, 12 g., with warm water / warm milk. (BR)

Pralaapa

- Bruhat vaata chintaamani rasa, 125 mg., with gudoochee svarasa / ajaa ksheera / braahmee svarasa / taamboola svarasa / sankha pushpee svarasa / honey. (BR)

Pralepaka jvara

- Chandanaadi taila, to be used externally for abhyanga. (YR)
- Vaasaa chandanaadi taila, to be used externally for abhyanga. (BR)

Prameha

- Aaragvadhaadi kvaatha choorna, 48 g. (AH)
- Abhraka bhasma, 125 to 375 mg., with honey / ghee / triphalaa kvaatha / gudoochee svarasa / aandraka svarasa. (RT)
- Ayaskruti, 12 to 24 ml. (AH)
- Chandanaadi choorna, 0.5 to 1 g., with honey / haridra svarasa. (BR)
- Chandra prabhaa vatee, 250 to 500 mg., with water / milk / ginger powder. (SS)
- Chaturmukha rasa, 125 mg., with triphalaa kvaatha / honey. (BR)
- Devadaarvaarishta, 12 to 24 ml. (BR)
- Dhaanvantara ghruta, 48 g., with warm water. (AH)
- Gokshuraadi guggulu, 3 g., with mustaa kvaatha / paashaana bheda kvaatha / useera kvaatha. (SS)
- Grahaneer mihira taila, 12 g., with buttermilk / mustaa kashaaya / dhaanyaka kashaaya. (BR)
- Gudoochyaadi modaka, 6 to 12 g., with ghee / honey / sugar candy. (YR)
- Kumaaryaasava, 12 to 24 ml. (SS)
- Lakshmee vilaasa rasa (naaradeeya), 250 mg., with taamboola svarasa / honey / milk. (BR)
- Loha bhasma, 125 to 250 mg., with honey / ghee / trikatu choorna / triphalaa choorna / haridraa rasa. (RT)
- Madhookaasava, 12 to 24 ml. (AH)
- Mahaa yoga raaja guggulu, 0.5 to 1 g., with raasnaadi kvaatha / kaakolyaadi kvaatha / aaragvadhaadi kvaatha / triphalaa kvaatha / nimba kvaatha / honey. (SS)
- Mandoora vataka, 1 g., with buttermilk / honey. (AH)
- Naaga bhasma, 62.5 to 125 mg., with haridraa svarasa / jambu svarasa. (RT)
- Naaga vallabha rasa, 62.5 to 125 mg., with aandraka svarasa / honey / taamboola patra rasa. (YR)
- Nyagrodhaadi choorna, 1 to 3 g., with honey / triphalaa kashaaya. (YR)
- Prameha mihira taila, 6 to 12 g., with milk / honey / warm water. (BR)
- Rajata bhasma, 125 mg., with chitraka moola kashaaya / parpaataka kashaaya / useera kashaaya / brahmeer rasa / honey. (RT)
- Saarivaadyaasava, 12 to 24 ml. (BR)
- Soorana vataaka, 2 to 4 g., with water. (SS)
- Sukra maatrakaa vatee, 500 mg., with daadima svarasa / water / goat's milk. (BR)
- Svarna maakshika bhasma, 125 to 250 mg., with aandraka svarasa / pippalee choorna. (YR)
- Svarna vanga, 125 to 250 mg., with butter / honey. (RM)
- Traikantaka ghruta, 12 g., with warm water / laghu truna pancha moola kvaatha / warm milk. (SY)

- Triphalaa choorna, 3 to 6 g., with ghee / honey / warm water. (BP)
- Trivanga bhasma, 125 mg., with honey / butter. (SYS)
- Vajra bhasma, 8 mg., with honey / santaanikaa. (RT)
- Vanga bhasma, 125 to 250 mg., with gudoochee svarasa / gudoochee sattva / honey / ghee / haridraa rasa. (RT)
- Vastyaamayaantaka ghruta, 12 g., with warm milk / laghu pancha moola kvaatha / truna pancha moola kvaatha. (SY)
- Yasada bhasma, 125 mg., with honey / gudoochee svarasa / trikatu , kashaaya. (RT)
- Yogendra rasa, 125 to 250 mg., with triphalaa kvaatha / honey. (BR)

Prameha pidakaa

- Dhaanvantara ghruta, 48 g., with warm water. (A+H)
- Kaisora guggulu, 3 g., with mudga yoosha / milk / sugandhi jala. (BR)
- Madhu sruhee rasaayana, 12 g., with water / milk. (SY)
- Navaayasa choorna, 1 g., with honey / water. (BR)
- Nyagrodhaadi choorna, 1 to 3 g., with honey / triphalaa kashaaya. (YR)

Praseka

- Bilvaadi leha, 6 g., with water. (SY)

Prasveda

- Pravaala bhasma, 250 mg., with tandulodaka / gokshura kashaaya / honey / ikshu rasa / sataavaree kashaaya. (RT)
- Vanga bhasma, 125 to 250 mg., with gudoochee svarasa / gudoochee sattva / honey / ghee / haridraa rasa. (RT)
- Yasada bhasma, 125 mg , with honey / gudoochee svarasa / trikatu kashaaya (RT)

Pratisyaaya

- Triphalaadi taila, to be used externally for abhyanga. (SY)

Pravaahikaa

- Ahiphenaasava, 5 to 10 drops. (BR)
- Ashtaaksharee gutikaa, 125 mg., with water. (VY)
- Bruhat gangaadhara choorna, 3 to 6 g., with honey / tandulodaka (SS)
- Chaangeree ghruta, 12 g., with warm milk / warm water. (BR)
- Jaatee phalaadya choorna, 1 to 3 g., with honey / water (SS)
- Kutajaarishtha, 12 to 24 ml. (BR)
- Kutajaava leha, 6 to 12 g., with water / buttermilk (SS)
- Pippalyaadi taila, to be used externally for anuvaasana. (BR)
- Rasa karpooora, 2 to 4 mg., with nava saaraadi jala / tvak choorna. (RT)
- Rasa parpatee, 250 mg. to 1000 mg., (to be increased gradually), with milk / buttermilk / jeeraka kvaatha. (BR)

Prushtha soola

- Prabhanjana vimardana taila, to be used externally for abhyanga. (SY)

Puraana jvara

- Kooshmandaka rasaayana (Kooshmaanda khanda), 6 to 12 g., with water / milk (BR)

Puraana tvagroga

- Amruta bhallaataka leha (Amruta bhallaataka paaka), 12 g., with maamsa rasa / milk / water. (AH)

Raaja yakshmaa

- Harataala bhasma, 31.25 to 125 mg., with honey / butter. (RRS)
- Kapardikaa bhasma, 250 mg., with vaasaa svarasa / nimbu svarasa / trikatu kashaaya / udumbara rasa. (Ay.P)
- Mahaa lakshmee vilaasa rasa, 250 mg., with honey / milk. (RSS)
- Muktaa panchaamruta rasa, 250 mg., with pippalee choorna / milk / honey. (RM)
- Sivaa gutikaa (laghu), 6 g., with water on empty stomach. (YR)
- Svarna bhasma, 15.5 to 62.5 mg., with honey / butter. (RT)
- Svarna maakshika bhasma, 125 to 250 mg., with aardraka svarasa / pippalee choorna. (YR)
- Svarna parpatee, 125 to 250 mg., with sunthee / bhrushta jeeraka choorna / honey. (BR)
- Taamra bhasma, 31.25 to 62.5 mg., with trikatu kashaaya / ghee / honey / duraalabhaa kvaatha / aardraka rasa / gudoochee rasa. (Ay.P)
- Vaasaa chandanaadi taila, to be used externally for abhyanga. (BR)
- Vaasaava leha, 6 to 12 g., with milk / water. (BR)
- Vaikraanta bhasma, 62.5 mg., with honey / ghee. (RT)
- Vajra bhasma, 8 mg., with honey / santaanikaa. (RT)
- Yasada bhasma, 125 mg., with honey / gudoochee svarasa / trikatu kashaaya. (RT)

Raatryandha

- Chandrodayaa vartti, to be mixed with honey and applied to the internal eyelids. (BR)

Rajah kruchchhra

- Svarna maakshika bhasma, 125 to 250 mg., with aardraka svarasa / pippalee choorna. (YR)

Rajo dosha

- Pushyaanuga choorna, 1 to 3 g., with honey / tandulodaka. (BR)

Rajo rodha

- Rajah pravartinee vatee, 250 mg., with warm water / tila kashaaya / kulattha kashaaya. (BR)

Rajo soola

- Sapta saara kvaatha choorna, 48 g., with guda / pippalee / saindhava / hingu / sarpi. (SY)

Rakta kshaya

- Bhallaataka rasaayana, 0.5 to 1 g., with ghee / honey. (RT)
- Mandoora bhasma, 250 to 500 mg., with honey / triphalaa kvaatha / punarnavaashtaka kvaatha / punarvava rasa. (RT)

Rakta nishtheevana

- Elaadi gutikaa, 2 to 4 g., with honey. (BR)

Rakta pitta

- Abhraka bhasma, 125 to 375 mg., with honey / ghee / triphalaa kvaatha / gudoochee svarasa / aardraka svarasa. (RT)
- Ahiphenaasava, 5 to 10 drops (BR)
- Amruta praasa ghruta, 12 g , with warm milk / warm water. (AH)
- Bola parpatee, 250 to 500 mg , with sugar / honey. (YR)
- Chandanaadi taila, to be used externally for abhyanga. (YR)
- Chandra kalaa rasa, 125 to 250 mg., with honey. (YR)
- Dhaatryaadi ghruta, 12 g , with ghee mixed in equal quantity of sugar. (SY)
- Elaadi gutikaa, 2 to 4 g , with honey (BR)
- Gudoochyaadi modaka, 6 to 12 g., with ghee / honey / sugar candy. (YR)
- Kankaayana gutikaa, 2 g., with ghee / milk / water / madya. (BR)
- Kumaaryaasava, 12 to 24 ml. (SS)
- Kutajaava leha, 6 to 12 g., with water / buttermilk. (SS)
- Mahaa tiktaka ghruta, 6 g., with milk / warm water. (BR)
- Muktaa pishtee, 65 to 125 mg., with honey / butter / milk. (ASS)
- Naarikela khanda, 6 to 12 g., with water (BR)
- Nyagrodhaadi kvaatha choorna, 48 g. (AH)
- Sataavaree guda, 6 g., with milk. (SY)
- Traayantyaadi kvaatha choorna, 48 g., with ghruta. (AH)
- Truna kaanta manee pishtee (Kaharubaa pishtee), 250 mg., with rumee mastaagee choorna / honey / water / doorvaa svarasa. (RSSP)
- Useeraasava, 12 to 24 ml (BR)
- Vaasa kaasava (Vaasakaarishta/Vaasaarishta), 12 to 24 ml. (GN)
- Vaasaa chandanaadi taila, to be used externally for abhyanga. (BR)
- Vaasaa gudoochyaadi kvaatha choorna, 48 g., with honey. (AH)
- Vaasaava leha, 6 to 12 g., with milk / water. (BR)

Rakta pradara

- Bola parpatee, 250 to 500 mg., with sugar / honey. (YR)
- Truna kaanta manee pishtee (Kaharubaa pishtee), 250 mg., with rumee mastaagee choorna / honey / water / doorvaa svarasa. (RSSP)
- Vanga bhasma, 125 to 250 mg., with gudoochee svarasa / gudoochee sattva / honey / ghee / haridraa rasa. (RT)

Rakta pravaahikaa

- Karpoora rasa, 125., with honey / mustaa kashaaya. (BR)
- Truna kaanta manee pishtee (Kaharubaa pishtee), 250 mg., with rumee mastaagee choorna / honey / water / doorvaa svarasa. (RSSP)

Rakta roga

- Muktaa sukti bhasma, 250 to 500 mg., with honey / lemon juice. (Ay.P)
- Vajraka ghruta, 6 g , with warm milk / warm water (AH)

Rakta vaataja sopha

- Raasnairandaadi kvaatha choorna, 48 g , with sarpi / eranda taila. (SY)

Rakta vikaara

- Harataala bhasma, 31.25 to 125 mg., with honey / butter. (RRS)
- Laghu maalinee vasanta rasa, 250 mg., with milk / honey. (YR)

Raktaarsa

- Bola parpatee, 250 to 500 mg., with sugar / honey. (YR)
- Samangaadi choorna, 2 to 4 g., with milk / water. (CD)

Raktaateesaara

- Jeerakaadi modaka, 3 g., with honey / ghee / sugar. (BR)
- Kutajaarishta, 12 to 24 ml. (BR)
- Muktaa pishtee, 65 to 125 mg., with honey / butter / milk (ASS)
- Truna kaanta manee pishtee (Kaharubaa pishtee), 250 to 500 mg., with rumee mastaagee choorna / honey / water / doorvaa svarasa. (RSSP)

Rasaayana

- Abhraka bhasma, 125 to 375 mg., with honey / ghee / triphalaa kvaatha / gudoochee svarasa / aardraka svarasa. (RT)
- Agastya hareetakee rasaayana, 6 to 12 g., with warm water / milk. (AH)
- Amruta bhallaataka leha (Amruta bhallaataka paaka), 12 g., with maamsa rasa / milk / water. (AH)
- Asva gandhaadi lehya, 6 to 12 g., with milk (PI)
- Bruhat phala ghruta, 12 g., with milk / warm water. (SS)
- Chyavana praasa, 12 to 24 g., with milk. (CS)
- Makardhvaja, 125 mg., with betel leaf / milk / honey. (BR)
- Naarasimha ghruta rasaayana, 12 g., with honey / sugar / milk / cold water. (AH)
- Nava ratna raaja mrugaanka rasa, 125 mg., with pippalee choorna / honey / gudoochee sattva / butter (YR)

Sandhi gata vaata

- Bruhat saindhavaadya taila, to be used externally for abhyanga. (BR)
- Pancha tiktaka guggulu ghruta (Nimbaadi ghruta), 12 g., with milk / warm water. (AH)

Sannipaata

- Sameera pannaga rasa, 62.5 to 125 mg., with betel leaf / honey. (AAS)
- Svama bhoopatee rasa, 250 mg., with aardraka svarasa / pippalee choorna. (YR)

Sannipaata jvara

- Bruhat kastoree bhairava rasa, 125 mg., with aardraka svarasa / honey / taamboola svarasa. (BR)
- Chhinnodbhavaadi kvaatha choorna, 48 g. (SY)
- Chukkumtippalyaadi gutikaa, 250 mg., with honey / warm water / gudoochee svarasa. (SY)
- Daarua naagaraadi kvaatha choorna, 48 g. (SY)
- Mruga madaasava, 5 to 10 drops. (BR)
- Mruta sanjeevanee guteekaa, 1 g., with milk. (SY)
- Mruta sanjeevanee suraa, 20 to 60 drops. (BR)

- Prabhaakara rasa, 125 mg , with honey / tulasee svarasa / aadraka svarasa. (BR)
- Saubhaagya vatee, 250 mg , with aadraka svarasa / warm water. (BR)
- Soochikaa bharana rasa, 15 to 31.25 mg., with taamboola svarasa / honey / aadraka svarasa. (RSS)

Sareera varna haani

- Svarna bhasma, 15.5 to 62.5 mg , with honey / butter (RT)

Sarkaraa

- Traikantaka ghruta, 12 g., with warm water / laghu truna pancha moola kvaatha / warm milk. (SY)
- Vastyaamayantaka ghruta, 12 g., with warm milk / laghu pancha moola kvaatha / truna pancha moola kvaatha (SY)

Sarpa damsaa

- Sanjeevanee vatee, 125 mg., with aadraka svarasa / warm water (SS)

Sarpa damshta

- Kaayasthaadya vartti, to be mixed with honey and applied to the internal eyelids. (CS)

Sarvaanga grahana

- Mahaa visha garbha taila, to be used externally for abhyanga. (BR)

Sarvaanga kampa

- Mahaa raasnaadi kvaatha choorna, 48 g., with sunthee choorna / pippalee choorna / ajamodaadi choorna / eranda taila. (SS)

Sarvaanga sotha

- Punarnavaadi kvaatha choorna, with guggulu, gomootra. (BR)
- Punarnavaashtaka kvaatha choorna, 48 g. (CD)

Sarvaanga vaata

- Dhaanvantara taila (Balaa taila), 10 to 60 drops, with warm milk. Also used externally for abhyanga and dhaara (VY)

Seeta pitta

- Haridraa khanda, 6 g., with water / milk. (BR)

Sirah kampa

- Bruhat maasha taila, 6 g , with warm water / milk. (BR)

Siro daaha

- Balaa dhaatryaadi taila, 15 drops. Also used externally for abhyanga. (SY)

Siro gata vaata

- Naaraayana taila, 6 g., with warm water / milk. Also used externally for nasya / abhyanga / anuvaasana. (BR)

Siro roga

- Asana bilvaadi taila, to be used externally for abhyanga. (SY)
- Balaa dhaatryaadi taila, 15 drops. Also used externally for abhyanga. (SY)
- Bhrunga raaja taila, to be used externally for nasya / sirobhyanga / kabala graha. (BR)

- Mrudveekaarishta, 12 to 24 ml (SS)
- Raasnaadi choorna (Raasnaadi lepa), to be mixed with castor oil and applied to the head. Also, after oilbath, the powder is to be put on the centre of the head and gently rubbed. (in Pratisyaaya). (SY)
- Shad bindu taila, to be used externally for nasya / kabala graha / sirobhyanga / abhyanga (BR)
- Triphalaadi taila, to be used externally for abhyanga. (SY)
- Tunga drumaadi taila, to be used externally for sirobhyanga (SY)

Siro rujaa

- Balaa hasthaadi taila, to be used externally for sirobhyanga (SY)
- Godantee bhasma, 500 mg., with honey / tulasee svarasa / ghee / sugar. (RT)
- Kayyonnyaadi taila, to be used externally for sirobhyanga. (SY)
- Manjishthaadi taila, to be used externally for abhyanga. (SY)

Sleepada

- Bruhanmanjishtaadi kvaatha choorna, 48 g., with pippalee, guggulu (SS)
- Kaanchanaara guggulu, 3 g., with munde kvaatha / khadira saara kvaatha / hareetakee kvaatha / hot water. (SS)
- Mahaa raasnaadi kvaatha choorna, 48 g., with sunthee choorna / pippalee choorna / ajamodaadi choorna / eranda taila. (SS)
- Soola vajrinee vatikaa, 25 mg., with warm water. (RSS)
- Soorana vatakaa, 2 to 4 g., with water. (SS)

Smruti bhramsa

- Vasanta kusumaakara rasa, 125 to 250 mg., with honey / milk. (RSS)

Smruti kshaya

- Mahaa kalyaanaka ghruta, 12 g , with warm milk / warm water. (AH)

Snaayu daurbalya

- Svarna bhasma, 15.5 to 62.5 mg., with honey / butter. (RT)

Soma roga

- Gudoochyaadi modaka, 6 to 12 g , with ghee / honey / sugar candy. (YR)
- Vasanta kusumaakara rasa, 125 to 250 mg., with honey / milk. (RSS)

Sooka dosha

- Kaaseesaadi ghruta, for ext. use only. (SS)

Soola

- Ajamodaadi choorna, 3 to 6 g., with warm water / jaggery (SS)
- Bhaaskara lavana choorna (Lavana bhaaskara choorna), 3 g , with mastu / buttermilk / aasava / warm water. (SS)
- Chandra prabhaa vatee, 250 to 500 mg., with water / milk / ginger powder (SS)
- Chitrakaadi choorna, 3 g., with warm water. (SS)
- Dhaatree lauha, 0.5 to 1 g., with ghee / honey. (BR)
- Gruha dhoomaadi lepa, to be mixed with water and applied on the af

fects parts. (AH)

- Hingu vachaadi choorna, (Hingvaadi choorna), 2 to 4 g., with warm water / buttermilk. (AH)
- Hingvaadi choorna, 2 to 4 g., with buttermilk / warm water. (YR)
- Hingvaashtaka choorna, 1 to 2 g., with ghee. (BR)
- Indu kaanta ghruta, 12 g., with warm water / warm milk / guuoochee svarasa (SY)
- Kantakaaryava leha, 6 to 12 g., with milk / water (SS)
- Loha bhasma, 125 to 250 mg., with honey / ghee / trikatu choorna / triphalaa choorna / haridraa rasa. (RT)
- Misraka sneha, 3 g., with warm milk / warm water. (AH)
- Mustaa karanjaadi kvaatha choorna, 48 g , with sunthee / jeeraka choorna / honey. (SY)
- Naarikela khanda, 6 to 12 g., with water. (BR)
- Naarikela lavana, 1 to 2 g , with pippalee choorna / water. (BR)
- Nava ratna raaja mrugaanka rasa, 125 mg., with pippalee choorna / honey / gudoochee sattva / butter. (YR)
- Pancha sama choorna, 1 to 3 g., with warm water. (SS)
- Prabhanjana vimardana taila, to be used externally for abhyanga. (SY)
- Pradaraantaka lauha, 500 mg., with honey / sugar / ghee. (BR)
- Pradaraari lauha, 1 to 2 g., with kusa moola kashaaya / milk. (BR)
- Pooga khanda, 6 to 12 g., with water. (BR)
- Rasa parpatee, 250 mg. to 1000 mg., (to be increased gradually), with milk / buttermilk / jeeraka kvaatha. (BR)
- Saamudraadya choorna, 1 to 2 g., with warm water. (BR)
- Saptaamruta lauha, 250 mg , with honey / ghee / milk. (BR)
- Sata pushpaarka, 12 to 24 ml. (AP)
- Siddha praanesvara rasa, 250 mg. to 500 mg., with bhrushta jeeraka / honey. (BR)
- Sushka moolaka taila, to be used externally for abhyanga. (BP)
- Soola harana yoga, 250 to 500 mg., with warm milk. (RSS)
- Soola vajrinee vatikaa, 25 mg., with warm water (RSS)
- Vajra kshaara, 2 g., with warm water / ghruta / gomootra / kaanje. (BR)
- Vidanga lauha, 500 mg., with kampillaka choorna / honey. (RSS)
- Yava kshaara, 0.5 to 1 g., with warm water / ghruta. (Su S)

Sootikaa jvara

- Lauha parpatee, 250 mg., with milk / buttermilk / bhrushta jeeraka choorna / daadima svarasa. (SY)

Sootikaa roga

- Bruhat garbha chintaamani rasa, 250 mg., with honey. (RSS)
- Dhaanvantara taila (Balaa taila), 10 to 60 drops, with warm milk. Also used externally for abhyanga and dhaara. (VY)
- Jeerakaarishta, 12 to 24 ml. (BR)

- Lakshmee naaraayana rasa, 250 mg., with aardraka svarasa / taamboola rasa / naareekelodaka. (YR)
- Saubhaagya sunthee, 12 g., with water / milk. (BR)
- Sootikaa bharana rasa, 62.5 mg., with balaa kashaaya / jeeraka kvaatha. (BBR)

Sootikaa vaata

- Vaata vidhvamsana rasa, 250 mg , with honey. (YR)

Sopha

- Aavittolaadi bhasma (kshaara), 1 g , with warm water. (SY)
- Ardha bilva kvaatha choorna, 48 g. (SY)
- Dasa moola hareetakee, 6 to 12 g., with water / milk. (AH)
- Dhaanvantara ghruta, 48 g., with warm water. (AH)
- Gandharva hasta taila, 6 to 12 g., with warm water. (AS)
- Huta bhugaadi choorna, 3 to 6 g., with thin buttermilk. (SY)
- Kadalee kshaara, 125 to 250 mg., with water. (Su.S)
- Mahaa pancha gavya ghruta, 12 g., with warm milk / warm water. (AH)
- Panaviralaadi bhasma (kshaara), 1 g., with water. (SY)
- Sukumaara ghruta, 12 g., with warm milk / warm water. (SY)

Sosha

- Rajata bhasma, 125 mg., with chitraka moola kashaaya / parpaataka kashaaya / useera kashaaya / brahmee rasa / honey. (RT)

Sotha

- Ajamodaadi choorna, 3 to 6 g., with warm water / jaggery. (SS)
- Chandana balaa laakshaadi taila, 6 g., with milk / warm water. Also used externally for abhyanga. (YR)
- Dantyaadyarishta, 12 to 24 ml. (AH)
- Dasaanga lepa, to be mixed with ghee / water and applied over the affected parts / forehead respectively. (BR)
- Dugdha vatee (Sotha), 60 mg., with milk (BR)
- Guda pippalee, 6 to 12 g., with warm water. (BR)
- Loka naatha rasa, 125 to 250 mg., with honey / cow's urine. (RSS)
- Mandoora bhasma, 250 to 500 mg., with honey / triphalaa kvaatha / punarnavaashtaka kvaatha / punarvava rasa. (RT)
- Pleehaari vatikaa, 250 mg., with water. (BR)
- Pravaala bhasma, 250 mg., with tandulodaka / gokshura kashaaya / honey / ikshu rasa / sataavaree kashaaya. (RT)
- Punarnavaasava, 12 to 24 ml. (BR)
- Puta pakva vishama jvaraantaka lauha, 250 mg., with pippalee / hingu / saindhava / honey / gudoochee svarasa / sephaalee svarasa. (RSS)
- Rasa parpatee, 250 mg. to 1000 mg , (to be increased gradually), with milk / buttermilk / jeeraka kvaatha. (BR)
- Roheetaka lauha, 250 mg., with honey. (BR)
- Sapta vimsatika guggulu, 6 g., with warm water. (BR)
- Sothagghna lepa (Doshagghna lepa), to be applied externally. (SS)

- Sushka moolaka taila, to be used externally for abhyanga (BP)
- Soola vajrinee vatikaa, 25 mg , with warm water. (RSS)
- Soorana vatakaa, 2 to 4 g , with water. (SS)
- Svarna bhoopatee rasa, 250 mg., with aardraka svarasa / pippalee choorna (YR)
- Taamra bhasma, 31.25 to 62.5 mg., with trikatu kashaaya / ghee / honey / duraalabhaa kvaatha / aardraka rasa / gudoochee rasa (Ay.P)
- Triphalaa guggulu, 3 g., with warm water. (SS)
- Useeraasava, 12 to 24 ml. (BR)
- Vaari soshana rasa, 62.5 to 125 mg , with trikatu kvaatha / triphalaa kvaatha / kaakodumbarikaa rasa. (BR)
- Vaasa kaasava (Vaasakarishtha/Vaasaarishta), 12 to 24 ml (GN)
- Vajra kshaara, 2 g., with warm water / ghruta / gomootra / kaanje. (BR)
- Vidanga lauha, 500 mg., with kampillaka choorna / honey. (RSS)
- Vidangaadi lauha, 250 mg., with honey / buttermilk. (BR)

Srama

- Brahma rasaayana, 12 g., with water / milk. (AH)

Sruti

- Saarasvata ghruta, 12 g., with warm milk / warm water. (AH)

Sthaulya

- Mahaa lakshmee vilaasa rasa, 250 mg., with honey / milk. (RSS)
- Taamra bhasma, 31.25 to 62.5 mg., with trikatu kashaaya / ghee / honey / duraalabhaa kvaatha / aardraka rasa / gudoochee rasa. (Ay.P)

Sukra dosha

- Bruhat phala ghruta, 12 g., with milk / warm water. (SS)
- Saarasvataarishta, 12 to 24 ml. (BR)

Sukra kshaya

- Naarasimha choorna, 1.5 g., with milk / ghee / honey. (BR)
- Svarna parpatee, 125 to 250 mg., with sunthee / bhrushta jeeraka choorna / honey. (BR)
- Svarna sindoor, 62.5 to 125 mg., with honey / ghee. (BR)

Sukra meha

- Chandanaasava, 12 to 24 ml. (BR)
- Sukra maatrakaa vatee, 500 mg., with daadima svarasa / water / goat's milk (BR)

Sukra vikaara

- Phala ghruta, 12 g , with warm milk / warm water. (AH)

Sushkaarsa

- Amruta bhallaataka leha (Amruta bhallaataka paaka), 12 g., with maamsa rasa / milk / water. (AH)

Svaasa

- Abhraka bhasma, 125 to 375 mg., with honey / ghee / triphalaa kvaatha / gudoochee svarasa / aardraka svarasa. (RT)

- Agastya hareetakee rasaayana, 6 to 12 g., with warm water / milk (AH)
- Amruta praasa ghruta, 12 g., with warm milk / warm water. (AH)
- Apaamaarga kshaara, 125 to 500 mg., with water. (Su.S)
- Asva kanchukee rasa, 125 mg., with honey / sunthee kvaatha / taamboola rasa / cold water (RYS)
- Baala chaturbhadrakaa choorna, 0.5 to 1 g , with honey. (BR)
- Balaa taila, 6 g., with warm water / milk (AH)
- Bhaarngee guda, 12 g., with milk / water (BR)
- Chandana balaa laakshaadi taila, 6 g., with milk / warm water Also used externally for abhyanga. (YR)
- Chandanaadi choorna, 0.5 to 1 g., with honey / haridra svarasa (BR)
- Chandraamruta rasa, 375 mg., with honey / raktotpala svarasa / taamboola svarasa / vaasaa svarasa / aardraka svarasa. (RM)
- Chitraka hareetakee, 6 to 12 g., with water / milk. (BR)
- Chyavana praasa, 12 to 24 g , with milk. (CS)
- Dasa moola hareetakee, 6 to 12 g., with water / milk (AH)
- Dasa moola katutraya kvaatha choorna, 48 g., with honey. (SY)
- Dasa moolaaarishta, 12 to 24 ml. (SS)
- Dhaanvantara gutikaa, 1 g , with decoction of panasa patra / bhoonimba / jeeraka. (SY)
- Draakshaarishta, 12 to 24 ml (SS)
- Elaadi choorna, 2 to 4 g., with honey / sugar. (BR)
- Elaadi gutikaa, 2 to 4 g., with honey. (BR)
- Godantee bhasma, 500 mg , with honey / tulasee svarasa / ghee / sugar. (RT)
- Gorochanaadi vatee, 125 mg., with surasaa patra svarasa / naagavallee dala svarasa / aardraka svarasa. (VY)
- Grahaneer mihira taila, 12 g , with buttermilk / mustaa kashaaya / dhaanyaka kashaaya. (BR)
- Jaatee phalaadya choorna, 1 to 3 g., with honey / water (SS)
- Kaanta vallabha rasa, 125 mg., with honey. (VY)
- Kanakaasava, 12 to 24 ml. (BR)
- Kanta kaaryaava leha, 6 to 12 g., with milk / water. (SS)
- Kapha ketu rasa, 125 mg., with aardraka svarasa. (RSS)
- Karpooraadi choorna, 1 to 2 g., with honey. (SY)
- Kastooryaadi gutikaa (Vaayu gutikaa), 125 mg., with jeeraka kvaatha. (SY)
- Khadiraadi gutikaa (kaasa), 1 g., with honey. (YR), 1 g., with honey. (YR)
- Kooshmandaka rasaayana (Kooshmaanda khanda), 6 to 12 g., with water / milk. (BR)
- Kumaara kalyaana rasa, 62.5 mg., with milk / honey. (BR)
- Kumaaryaasava, 12 to 24 ml. (YR)
- Laghu chinchaadika lehya, 6 g., with buttermilk. (SY)

- Lavangaadi vatee, 1 g., with warm water. (VJ)
- Loha bhasma, 125 to 250 mg , with honey / ghee / trikatu choorna / triphalaa choorna / haridraa rasa. (RT)
- Lohaasava, 12 to 24 ml. (SS)
- Marichaadi gutika, 3 g , to be kept in the mouth and dissolved slowly. (SS)
- Muktaa bhasma, 125 mg., with honey / butter / milk. (RT)
- Nava ratna raaja mrugaanka rasa, 125 mg., with pippalee choorna / honey / gudoochee sattva / butter. (YR)
- Pippalyaadi lauha, 250 mg., with honey. (BR)
- Praanadaa gutikaa, 2 to 4 mg., with honey / water. (BR)
- Rasa maanikya, 125 to 250 mg., with ghee / honey. (SBM)
- Sapta vimsatika guggulu, 6 g , with warm water. (BR)
- Saubhaagya vatee, 250 mg., with aadraka svarasa / warm water (BR)
- Shat pala ghruta (Pancha kolaadi ghruta), 12 g., with warm milk / warm water. (AH)
- Sivaa gutikaa, 12 g., with milk / maamsa rasa / daadima rasa / mrudveekaa rasa / aasavaarishtaa. (AS)
- Soorana vatakaa, 2 to 4 g., with water. (SS)
- Srunga bhasma, 250 to 500 mg , with ghee / honey. (RT)
- Svaasa kuthaara rasa, 125 to 250 mg., with honey. (YR)
- Svarna bhasma, 15.5 to 62.5 mg., with honey / butter. (RT)
- Svarna vanga, 125 to 250 mg., with butter / honey. (RM)
- Taaleesaadya choorna, 3 g., with honey. (SS)
- Taamra bhasma, 31.25 to 62.5 mg., with trikatu kashaaya / ghee / honey / duraalabhaa kvaatha / aadraka rasa / gudoochee rasa. (Ay.P)
- Vaasaa chandanaadi taila, to be used externally for abhyanga. (BR)
- Vaasaa kshaara, 0.5 g., with water (Su.S)
- Vaatagni kumaara rasa, 125 mg., with honey / warm water / amrutaarishta / kiraata tiktaarishta. (PI)
- Vaikraanta bhasma, 62 5 mg., with honey / ghee (RT)
- Vanga bhasma, 125 to 250 mg., with gudoochee svarasa / gudoochee sattva / honey / ghee / haridraa rasa. (RT)
- Vasaava leha, 6 to 12 g , with milk / water. (BR)
- Yakrudaari lauha, 250 to 500 mg., with pippalee choorna / honey. (RSS)

Svara bhedha

- Chyavana praasa, 12 to 24 g., with milk. (CS)

Svara kshaya

- Bhrungaamalakaadi taila, used externally for sirobhyanga. (SY)

Svasanaka jvara

- Gorochanaadi vatee, 125 mg., with surasaa patra svarasa / naagavallee dala svarasa / aadraka svarasa. (VY)

Svayathu

- Lohaasava, 12 to 24 ml. (SS)

Sveta pradara

- Asokaarishta, 12 to 24 ml (BR)
- Pushyaanuga choorna, 1 to 3 g, with honey / tandulodaka (BR)
- Vanga bhasma, 125 to 250 mg, with gudoochee svarasa / gudoochee sattva / honey / ghee / haridraa rasa. (RT)
- Yasada bhasma, 125 mg, with honey / gudoochee svarasa / trikatu kashaaya (RT)

Svitra

- Avalgujaadi lepa, to be applied externally. (AH)
- Ayaskruti, 12 to 24 ml. (AH)
- Jyotishmatee taila, to be used externally for abhyanga. (YR)
- Kaaseesa bhasma, 250 mg., with baakuchee choorna / triphalaa kvaatha / madhu. (RM)
- Maani bhadra yoga (Maani bhadra guda), 6 g., with milk / water. (AH)
- Rodhraasava (Lodhraasava), 12 to 24 ml (AH)

Tamaka svaasa

- Balaa jeerakaadi kvaatha choorna, 48 g., with honey. (SY)
- Malla sindoor, 62.5 to 125 mg., with honey / aadraka svarasa. (SBM)
- Naayopaayam kvaatha choorna, 48 g. (SY)
- Sivaa gutikaa, 12 g., with milk / maamsa rasa / daadima rasa / mrudveekaa rasa / aasavaarishtaa. (AS)

Tandraa

- Brahma rasaayana, 12 g., with water / milk. (AH)

Timira

- Chandrodayaa vartti, to be mixed with honey and applied to the internal eyelids. (BR)
- Elaneer kuzambu (Naalikeraanjana), to be applied to the internal eye lids. (SY)
- Jeevantyaadi ghruta, with warm milk / warm water. (AH)
- Mahaa triphalaadya ghruta, 12 g., with warm milk / warm water. (BR)
- Patolaadi ghruta, 12 g., with warm milk / warm water. (AH)
- Saptaamruta lauha, 250 mg., with honey / ghee / milk (BR)
- Triphalaa ghruta, 12 g., with warm water / warm milk (BR)
- Vimala vartti, to be applied to the inner eyelids. (SY).

Tridoshaja ateesaara

- Soota sekhara rasa, 125 mg., with ghee / honey. (YR)

Tvag dosha

- Vajraka taila, to be used externally for abhyanga. (AH)

Trika rujaa

- Dasa moola katutraya kvaatha choorna, 48 g., with honey. (SY)

Trushnaa

- Amruta praasa ghruta, 12 g., with warm milk / warm water. (AH)
- Jvaraaryabhrā, 125 to 250 mg., with aadraka rasa / honey. (BR)
- Nyagrodhaadi kvaatha choorna, 48 g. (AH)

- Shadanga kvaatha choorna, 48 g. (AH)
- Tiktaka ghruta, 12 g., with warm water (AH)
- Traayantyaadi kvaatha choorna, 48 g., with ghruta. (AH)

Tvag rakta dosha

- Rasa karpooa, 2 to 4 mg , with nava saaraadi jala / tvak choorna. (RT)

Tvag roga

- Naalpaamaraadi taila, to be used externally for abhyanga. (SY)

Tvak raukshya

- Anu taila, 5 to 10 drops for nasya. (AH)

Udaavartta

- Bruhat gudocchi taila, 12 g., with warm water / milk Also used externally for abhyanga. (BR)
- Chitraka Hareetakee, 6 to 12 g., with water / milk. (BR)
- Gandharva hasta taila, 6 to 12 g., with warm water. (AS)
- Hingvaadi choorna, 2 to 4 g , with buttermilk / warm water (YR)
- Kalyaana kshaara, 1 g., with ghruta. (AH)
- Kumaaryaasava, 12 to 24 ml. (SS)
- Mahaa yoga raaja guggulu, 0.5 to 1 g., with raasnaadi kvaatha / kaakolyaadi kvaatha / aaragvadhaadi kvaatha / triphalaa kvaatha / nimba kvaatha / honey. (SS)

Udakodara

- Dasa moola pancha kolaadi kvaatha choorna, 48 g. (SY)

Udara

- Aavittolaadi bhasma (kshaara), 1 g., with warm water. (SY)
- Arka lavana, 1 g., with water / buttermilk. (BR)
- Bhallaataka rasaayana, 0.5 to 1 g , with ghee / honey. (RT)
- Daadhika ghruta, 12 g , with warm water. (AH)
- Dasa moola hareetakee, 6 to 12 g., with water / milk. (AH)
- Dasa moola pancha kolaadi kvaatha choorna, 48 g. (SY)
- Dasa moola shat palaka ghruta, 12 g., with warm water / warm milk. (CD)
- Dugdha vatee (Sotha), 60 mg., with milk. (BR)
- Gandharva hasta taila, 6 to 12 g., with warm water. (AS)
- Guda pippalee, 6 to 12 g., with warm water. (BR)
- Harataala bhasma, 31.25 to 125 mg., with honey / butter. (RRS)
- Hingu triguna taila, 6 g., with warm water / milk. (AH)
- Ichchhaa bhedi rasa, 250 mg., with water. (BR)
- Kalyaanaka guda, 6 to 12 g., with milk / water. (AH)
- Lakshmee vilaasa rasa (naaradeeya), 250 mg., with taamboola svarasa / honey / milk. (BR)
- Loha bhasma, 125 to 250 mg., with honey / ghee / trikatu choorna / triphalaa choorna / haridraa rasa. (RT)
- Maani bhadra yoga (Maani bhadra guda), 6 g., with milk / water. (AH)
- Mahaa pancha gavya ghruta, 12 g., with warm milk / water. (AH)

- Naaraayana choorna, 3 to 6 g , with buttermilk / badaraambu / suraa / prasannaa / dadhi manda / daadimaambu / vrukshaamla rasa / warm water. (AH)
- Nimbaadi choorna, 1 to 3 g., with gudoochee kvaatha / warm water. (BR)
- Punarnavaasava, 12 to 24 ml. (BR)
- Punarnavaashtaka kvaatha choorna, 48 g. (CD)
- Roheetakaarishta, 12 to 24 ml. (BR)
- Sankha draavaka, 5 drops with water (BR)
- Sapta saara kvaatha choorna, 48 g., with guda / pippalee / saindhava / hingu / sarpi. (SY)
- Shat pala ghruta (Pancha kolaadi ghruta), 12 g , with warm water / warm milk. (AH)
- Sivaa gutikaa, 12 g., with milk / maamsa rasa / daadima rasa / mrudveekaa rasa / aasavaarishtaa. (AS)
- Sree nrupati vallabha rasa, 250 mg , with aardraka svarasa / honey / dhaatree svarasa. (BR)
- Sukumaara ghruta, 12 g., with warm milk / warm water. (SY)
- Soola vajrinee vatikaa, 25 mg., with warm water. (RSS)
- Taamra bhasma, 31.25 to 62.5 mg , with trikatu kashaaya / ghee / honey / duraalabhaa kvaatha / aardraka rasa / gudoochee rasa. (Ay.P)
- Vajra bhasma, 8 mg., with honey / santaanikaa. (RT)
- Vajra kshaara, 2 g , with warm water / ghruta / gomootra / kaanje (BR)
- Yakrudaani lauha, 250 to 500 mg., with pippalee choorna / honey. (RSS)
- Yava kshaara, 0.5 to 1 g., with warm water / ghruta. (Su.S)
- Yoga raaja guggulu, 3 g , with raasnaa saptaka kvaatha / lasoona svarasa / honey (BR)

Udara soola

- Apaamaarga kshaara, 125 to 500 mg., with water. (Su.S)
- Muktaa sukti bhasma, 250 to 500 mg., with honey / lemon juice. (Ay.P)

Unmaada

- Asvagandhaadyarishta, 12 to 24 ml. (BR)
- Balaasvagandha laakshaadi taila, to be used externally for abhyanga. (SY)
- Braahmee ghruta, 12 g., with warm milk / warm water. (AH)
- Chandanaadi taila, to be used externally for abhyanga. (YR)
- Chaturbhujaa rasa, 125 mg , with triphalaa kvaatha / honey / braahmee svarasa. (RSS)
- Dhaatryaadi ghruta, 12 g., with ghee mixed in equal quantity of sugar. (SY)
- Kaayasthaadya vartti, to be mixed with honey and applied to the internal eyelids. (CS)
- Maanasa mitra vataka, 1 g., with milk. (SY)

- Muktaa pishtee, 65 to 125 mg., with honey / butter / milk. (ASS)
- Pancha gavya ghruta, 12 g., with warm milk / warm water. (AH)
- Sahacharaadi taila, 6 to 12 g., with goat's milk / warm water. Also used externally for abhyanga. (AH)
- Sivaa gutikaa, 12 g., with milk / maamsa rasa / daadima rasa / mrudveekaa rasa / aasavaarishtaa. (AS)
- Tunga drumaadi taila, to be used externally for sirobhyanga. (SY)

Upadamsa

- Bruhat manjishthaadi kvaatha choorna, 48 g., with pippalee / guggulu. (SS)
- Saarivaadyaasava, 12 to 24 ml. (BR)

Upadamsaja vrana

- Tutthaadi lepa, to be mixed with honey and applied over affected parts. (BBR)

Urakshata

- Chhaagalaadya ghruta, 3 g., with warm milk / warm water. (BR)
- Draakshaarishta, 12 to 24 ml. (SS)
- Kooshmandaka rasaayana (Kooshmaanda khanda), 6 to 12 g., with water / milk. (BR)
- Vaikraanta bhasma, 62.5 mg., with honey / ghee. (RT)
- Vidaaryaadi ghruta, 12 g., with warm milk / warm water. (AH)

Urastoya

- Srunga bhasma, 250 to 500 mg., with ghee / honey. (RT)
- Vaari soshana rasa, 62.5 to 125 mg., with trikatu kvaatha / triphalaa kvaatha / kaakodumbarikaa rasa. (BR)

Uroroga

- Chhaagalaadya ghruta, 3 g., with warm milk / warm water (BR)

Vaajee karana

- Asva gandhaadi lehya, 6 to 12 g., with milk. (PI)
- Mahaa lakshmee vilaasa rasa, 250 mg., with honey / milk. (RSS)
- Makardhvaja, 125 mg., with betel leaf / milk / honey. (BR)
- Nava ratna raaja mrugaanka rasa, 125 mg., with pippalee choorna / honey / gudoochee sattva / butter. (YR)

Vaak

- Saarasvata ghruta, 12 g., with warm milk / warm water. (AH)

Vaalmeeka

- Vajra bhasma, 8 mg., with honey / santanika. (RT)

Vaata gulma

- Daadhika ghruta, 12 g., with warm water. (AH)
- Prabhanjana vimardana taila, to be used externally for abhyanga. (S)

Vaata kapha jvara

- Kastooryaadi gutikaa (Vaayu gutikaa), 125 mg., with jeeraka kvaatha. (SY)
- Rasa maanikya, 125 to 250 mg., with ghee / honey (SBM)

- Tribhuvana keerti rasa, 125 to 250 mg., with honey / aadraka rasa. (RM)

Vaata kaphaja Gulma

- Bhaaskara lavana choorna (Lavana bhaaskara choorna), 3 g., with mastu / buttermilk / aasava / warm water. (SS)

Vaata kaphaja roga

- Laghvaananda rasa, 250 mg., with betel leaf and honey (RSS)
- Mahaa vaata gajaankusa rasa, 250 to 500 mg., with pippali choorna / honey / raasnaadi kvaatha. (RSS)
- Malla sindoora, 62.5 to 125 mg., with honey / aadraka svarasa. (SBM)
- Soorana vatakaa, 2 to 4 g., with water. (SS)
- Svaasa kuthaara rasa, 125 to 250 mg , with honey. (YR)

Vaata pitta jvara

- Draakshaadi kvaatha choorna, 48 g., with honey / sitaa / laaja. (AH)

Vaata pitta roga

- Bruhat vaata chintaamani rasa, 125 mg , with gudoochee svarasa / ajaa ksheera / braahmee svarasa / taamboola svarasa / sankha pushpee svarasa / honey. (BR)

Vaata rakta

- Amrutaa ghruta, 12 g , with warm milk / warm water. (CD)
- Balaa gudoochyaadi taila, to be used externally for abhyanga. (SY)
- Bruhat gudoochi taila, 12 g., with warm water / milk. Also used externally for abhyanga. (BR)
- Bruhanmanjishtaadi kvaatha choorna, 48 g., with pippalee, guggulu. (SS)
- Gruha dhoomaadi lepa, to be mixed with water and applied on the affected parts. (AH)
- Harataala bhasma, 31.25 to 125 mg., with honey / butter. (RRS)
- Kaisora guggulu, 3 g., with mudga yoosha / milk / sugandhi jala. (BR)
- Kushtha raakshasa taila, to be used externally for abhyanga (BR)
- Madhu yashtyaadi taila, 6 g., with milk / warm water. Also used externally for nasya / abhyanga / anuvaasana (AH)
- Madhu snuhee rasaayana, 12 g., with water / milk. (SY)
- Mahaa yoga raaja guggulu, 0.5 to 1 g., with raasnaadi kvaatha / kaakolyaadi kvaatha / aaragvadhadi kvaatha / triphalaa kvaatha / nimba kvaatha / honey. (SS)
- Nava ratna raaja mrugaanka rasa, 125 mg., with pippalee choorna / honey / gudoochee sattva / butter. (YR)
- Nimbaadi choorna, 1 to 3 g., with gudoochee kvaatha / warm water. (BR)
- Pinda taila, to be used externally for abhyanga. (AH)
- Raasnairandaadi kvaatha choorna, 48 g., with sarpi / eranda taila. (SY)
- Saarivaadyaasava, 12 to 24 ml (BR)
- Simhanaada guggulu, 3 g., with warm water. (BR)

- Sivaa gutikaa, 12 g., with milk / maamsa rasa / daadima rasa / mrudveekaa rasa / aasavaarishtaa. (AS)
- Soma raajee taila, to be used externally for abhyanga. (BR)
- Vaata raktaantaka rasa, 500 mg., with nimba patra / nimba pushpa / nimba tvak. (BR)
- Vaataari guggulu, 3 g., with warm water. (BR)
- Visha tinduka taila, to be used externally for abhyanga. (BR)

Vaata roga

- Ashta varga kvaatha choorna, 48 g. (SY)
- Asva gandhaadyarishta, 12 to 24 ml. (BR)
- Balaa dhaatryaadi taila, 15 drops. Also used externally for abhyanga. (SY)
- Balaa taila, 6 g., with warm water / milk. (AH)
- Balaarishta, 12 to 24 ml. (BR)
- Balaasvagandha laakshaadi taila, to be used externally for abhyanga. (SY)
- Chintaamani chaturmukha rasa, 125 to 250 mg., with triphalaa kvaatha / honey / braahmee svarasa. (BR)
- Dasa moola katutraya kvaatha choorna, 48 g., with honey. (SY)
- Dasa moolaaarishta, 12 to 24 ml. (SS)
- Devadaarvaarishta, 12 to 24 ml. (BR)
- Dhaanvantara taila (Balaa taila), 10 to 60 drops, with warm milk. Also used externally for abhyanga and dhaara. (VY)
- Ekaanga veera rasa, 125 mg., with aardraka svarasa. (RS)
- Gandharva hastaadi kvaatha choorna, 48 g., with saindhava lavana and guda. (SY)
- Harataala bhasma, 31.25 to 125 mg., with honey / butter. (RRS)
- Indu kaanta ghruta, 12 g., with warm milk / warm water / gudoochee svarasa. (SY)
- Kaarpaasaasthyaadi taila, 12 g., with warm water / milk. Also used externally. (SY)
- Kottamchukkaadi taila, to be used externally for abhyanga. (SY)
- Ksheera balaa taila, 12 g., with milk / warm water. Also used externally for abhyanga / nasya. (AH)
- Kumaaryasava, 12 to 24 ml. (YR)
- Laghu visha garbha taila, to be used externally for abhyanga. (BR)
- Lakshmee naaraayana rasa, 250 mg., with aardraka svarasa / taamboola rasa / naareekelodaka. (YR)
- Lasunaadi ghruta, 12 g., with warm milk / warm water. (AH)
- Mahaa visha garbha taila, to be used externally for abhyanga. (BR)
- Mahaa yoga raaja guggulu, 0.5 to 1 g., with raasnaadi kvaatha /
- Kaakolyaadi kvaatha / aaragvadhaadi kvaatha / triphalaa kvaatha / nimba kvaatha / honey. (SS)
- Naaga vallabha rasa, 62.5 to 125 mg., with aardraka svarasa / honey /

taamboola patra rasa. (YR)

- Naaraayana taila, 6 g., with warm water / milk. Also used externally for nasya / abhyanga / anuvaasana. (BR)
- Nava ratna raaja mrugaanka rasa, 125 mg., with pippalee choorna / honey / gudoochee sattva / butter. (YR)
- Praanadaa gutikaa, 2 to 4 mg., with honey / water. (BR)
- Prabhanjana vimardana taila, to be used externally for abhyanga. (SY)
- Prameha mihira taila, 6 to 12 g., with milk / honey / warm water. (BR)
- Raasnaadi kvaatha choorna, 48 g., with saindhava / khanda / pippalee. (SY)
- Sahacharaadi taila, 6 to 12 g., with goat's milk / warm water. Also used externally for abhyanga. (AH)
- Siddha praanesvara rasa, 250 mg. to 500 mg., with bhrushta jeeraka / honey. (BR)
- Svarna bhasma, 15.5 to 62.5 mg., with honey / butter. (RT)
- Svarna bhoopatee rasa, 250 mg., with aadraka svarasa / pippalee choorna. (YR)
- Taamra bhasma, 31.25 to 62.5 mg., with trikatu kashaaya / ghee / honey / duraalabhaa kvaatha / aadraka rasa / gudoochee rasa. (Ay.P)
- Vaata kulaantaka rasa, 125 to 250 mg., with braahmee rasa / vachaa choorna / milk. (BR)
- Vaataari rasa, 1 g., with sunthee kvaatha / eranda moola kvaatha. (BP)
- Vaatagni kumaara rasa, 125 mg., with honey / warm water / amrutaarishta / kiraata tiktaarishta. (PI)
- Visha tinduka taila, to be used externally for abhyanga. (BR)
- Yogendra rasa, 125 to 250 mg., with triphalaa kvaatha / honey. (BR)

Vaata sleshmaja kshaya

- Raaja mrugaanka rasa, 250 to 500 mg., with pippalee choorna / honey / maricha choorna / ghruta. (RSS)

Vaata soola

- Raasnairandaadi kvaatha choorna, 48 g., with sarpi 7 eranda taila. (SY)
- Vaata vidhvamsana rasa, 250 mg., with honey. (YR)

Vaata vaigunya

- Kastooriyaadi gutikaa (Vaayu gutikaa), 125 mg., with jeeraka kvaatha. (SY)

Vaata vidradhee

- Prabhanjana vimardana taila, to be used externally for abhyanga. (SY)

Vaataja grahane

- Vaata vidhvamsana rasa, 250 mg., with honey. (YR)

Vaataja kaasa

- Dasa moola ghruta, 12 g., with warm water / warm milk. (AH)

Vaataja siro rujaa

- Kachchooraadi choorna, to be applied externally on the head, with breast milk / castor oil / butter. (SY)

Vaatodara

- Nava ratna raaja mrugaanka rasa, 125 mg., with pippalee choorna / honey / gudoochee sattva / butter. (YR)

Valee

- Amruta bhallaataka leha (Amruta bhallaataka paaka), 12 g., with maamsa rasa / milk / water. (AH)
- Neelikaadya taila, to be used externally for abhyanga. (SS)

Valee palita

- Grahaneer mihira taila, 12 g., with buttermilk / mustaa kashaaya / dhaanyaka kashaaya. (BR)
- Vasanta kusumaakara rasa, 125 to 250 mg., with honey / milk. (RSS)

Vandhya roga

- Braahmee ghruta, 12 g., with warm milk / warm water. (AH)
- Bruhat phala ghruta, 12 g., with milk / warm water. (SS)
- Dhaatryaadi ghruta, 12 g., with ghee mixed in equal quantity of sugar. (SY)
- Kalyaanaka ghruta, 12 g., with warm milk / warm water. (AH)
- Phala ghruta, 12 g., with warm milk / warm water. (AH)
- Pooga khanda, 6 to 12 g., with water. (BR)

Vardhma

- Sivaa gutikaa, 12 g., with milk / maamsa rasa / daadima rasa / mrudveekaa rasa / aasavaarishtaa. (AS)

Varna vikruti

- Avalgujaadi lepa, to be applied externally. (AH)

Vicharchikaa

- Kaaseesaadi ghruta, for ext. use only. (SS)
- Rasottamaadi lepa choorna, to be mixed with ghee / coconut oil and applied externally. (VJ)
- Sindooraaadi lepa, to be applied externally. (PI)
- Vrana raakshasa taila, to be used externally for abhyanga. (BR)

Vidradhee

- Dhaanvantara ghruta, 48 g., with warm water. (AH)
- Gandharva hasta taila, 6 to 12 g., with warm water. (AS)
- Misraka sneha, 3 g., with warm milk / warm water. (AH)
- Traayantyaadi kvaatha choorna, 48 g., with ghruta. (AH)
- Vidangaarishta, 12 to 24 ml. (SS)

Vipaadikaa

- Sindooraaadi lepa, to be applied externally. (PI)

Visarpa

- Dasaanga lepa, to be mixed with ghee / water and applied over the affected parts / forehead respectively. (BR)
- Harataala bhasma, 31.25 to 125 mg., with honey / butter. (RRS)
- Kaaseesa bhasma, 250 mg., with baakuchee choorna / triphalaa kvaatha / madhu. (RM)

- Kaaseesaadi ghruta, for ext. use only. (SS)
- Loha bhasma, 125 to 250 mg., with honey / ghee / trikatu choorna / triphalaa choorna / haridraa rasa (RT)
- Mahaa tiktaka ghruta, 6 g , with milk / warm water. (BR)
- Naalpaamaraadi taila, to be used externally for abhyanga. (SY)
- Tiktaka ghruta, 12 g., with warm water. (AH)
- Traayantyaadi kvaatha choorna, 48 g., with ghruta (AH)
- Triphalaa ghruta, 12 g., with warm water / warm milk. (BR)
- Vajraka ghruta, 6 g., with warm milk / warm water. (AH)

Visha vikaara

- Aaragvadhadi kvaatha choorna, 48 g. (AH)
- Chaturjaata choorna, 2 to 4 g , with warm water. (SS)
- Dhaanvantara ghruta, 48 g , with warm water. (AH)
- Kalyaanaka ghruta, 12 g., with warm milk / warm water. (AH)
- Mruta sanjeevanee guteekaa, 1 g., with milk. (SY)
- Rajata bhasma, 125 mg., with chitraka moola kashaaya / parpaataka kashaaya / useera kashaaya / brahmee rasa / honey (RT)
- Sankha bhasma, 250 mg. to 300 mg., with nimboo svarasa / triphalaa kvaatha. (RT)
- Svarna bhasma, 15.5 to 62.5 mg., with honey / butter. (RT)
- Taamra bhasma, 31.25 to 62.5 mg., with trikatu kashaaya / ghee / honey / duraalabhaa kvaatha / aandraka rasa / gudoochee rasa. (Ay.P)

Vishama jvara

- Agastya hareetakee rasaayana, 6 to 12 g., with warm water / milk. (AH)
- Amrutaarishta, 12 to 24 ml. (BR)
- Bhaarngyaadi kvaatha choorna, 48 g. (SY)
- Chandanaadi lauha, 250 to 500 mg., with honey. (BR)
- Dantee hareetakee, half to one hareetakee and 6 to 12 g. of leha, with water. (AH)
- Indu kaanta ghruta, 12 g., with warm water / warm milk / gudocchee svarasa. (SY)
- Mahaa pancha gavya ghruta, 12 g., with warm milk / warm water. (AH)
- Patola moolaadi kvaatha choorna, 48 g., with honey. (AH)
- Praanadaa gutikaa, 2 to 4 mg., with honey / water. (BR)
- Prameha mihira taila, 6 to 12 g., with milk / honey / warm water. (BR)
- Punarnavaadi mandoora, 1 g , with water / buttermilk. (CS)
- Puta pakva vishama jvaraantaka lauha, 250 mg., with pippalee / hingu / saindhava / honey / gudoochee svarasa / sephaalee svarasa. (RSS)
- Saubhaagya vatee, 250 mg , with aandraka svarasa / warm water. (BR)
- Sudarsana choorna, 2 to 4 g., with warm water. (BR)
- Vasanta maalatee rasa, 125 to 250 mg., with pippalee choorna / honey. (SBM)

Vishamaagni

- Pippalyaadi ghruta, 12 g., with warm milk / warm water. (AH)

Vishoochikaa

- Ahiphenaasava, 5 to 10 drops. (BR)
- Bilvaadi gutikaa, to be used externally as anjana / nasya / lepa (AH)
- Karpoooraasava, 5 to 10 drops. (BR)
- Lasunaadi vatee, 1 g., with warm water. (VJ)
- Mruga madaasava, 5 to 10 drops. (BR)
- Mruta sanjeevanee suraa, 20 to 60 drops. (BR)
- Mustakaarishta, 12 to 24 ml. (BR)
- Rasa pushpa, 62.5 to 125 mg., in a gelatine capsule or in a draakshaa. (RT)
- Sanjeevanee vatee, 125 mg., with aadraka svarasa / warm water. (SS)
- Sree nrupati vallabha rasa, 250 mg., with aadraka svarasa / honey / dhaatree svarasa. (BR)
- Vidanga lauha, 500 mg., with kampillaka choorna / honey. (RSS)

Visphota

- Chandana balaa laakshaadi taila, 6 g., with milk / warm water. Also used externally for abhyanga. (YR)
- Haridraa khanda, 6 g., with water / milk. (BR)
- Jaatyaadi taila, to be used externally for abhyanga. (SS)
- Kapardikaa bhasma, 250 mg., with vaasaa svarasa / nimbu svarasa / trikatu kashaaya / udumbara rasa. (Ay.P)
- Rasa karpooora, 2 to 4 mg., with nava saaraadi jala / tvak choorna. (RT)
- Vrana raakshasa taila, to be used externally for abhyanga. (BR)

Vrana

- Chaturmukha rasa, 125 mg., with triphalaa kvaatha / honey. (BR)
- Jaatyaadi ghruta, for ext. use only. (AH)
- Kaanchanaara guggulu, 3 g., with munde kvaatha / khadira saara kvaatha / hareetakee kvaatha / hot water (SS)
- Kaaseesa bhasma, 250 mg., with baakuchee choorna / triphalaa kvaatha / madhu. (RM)
- Kunkumaadi taila, to be used externally for nasya / abhyanga. (YR)
- Mrudveekaarishta, 12 to 24 ml (SS)
- Nyagrodhaadi kvaatha choorna, 48 g. (AH)
- Rasa pushpa, 62.5 to 125 mg , in a gelatine capsule or in a draakshaa. (RT)
- Sindooraadi lepa, to be applied externally. (PI)
- Vajraka taila, to be used externally for abhyanga. (AH)

Vruddhee

- Misraka sneha, 3 g., with warm milk / warm water. (AH)
- Sukumaara ghruta, 12 g., with warm milk / warm water (SY)

Vyaadhi kaarsita nashta sukra

- Amruta praasa ghruta, 12 g , with warm milk / warm water (AH)

Vyanga

- Kanaka taila, to be used externally for nasya / abhyanga. (BR)
- Kunkumaadi taila, to be used externally for nasya / abhyanga. (YR)
- Soma raajee taila, to be used externally for abhyanga. (BR)

Yakrut

- Jvaraaryabhra, 125 to 250 mg., with aardraka rasa / honey. (BR)
- Puta pakva vishama jvaraantaka lauha, 250 mg., with pippalee / hingu / saindhava / honey / gudoochee svarasa / sephaalee svarasa. (RSS)
- Roheetaka lauha, 250 mg., with honey. (BR)
- Sarva jvara hara lauha, 250 mg., with honey / gudoochee svarasa. (BR)
- Sudarsana choorna, 2 to 4 g., with warm water. (BR)
- Yakrudaari lauha, 250 to 500 mg., with pippalee choorna / honey. (RSS)
- Yakrut soola vinaasinee vatikaa, 250 mg., with kaaravella rasa / water. (BR)

Yakrut pleeha vrudhi

- Sankha bhasma, 250 mg. to 300 mg., with nimboo svarasa / triphalaa kvaatha. (RT)

Yakrut pleeha roga

- Sivaa gutikaa, 12 g., with milk / maamsa rasa / daadima rasa / mrudveekaa rasa / aasavaarishtaa. (AS)

Yakrut pleehodara

- Abhayaa lavana, 1 to 2 g., with water. (SY)
- Loka naatha rasa, 125 to 250 mg., with honey / cow's urine. (RSS)

Yakrut vrudhi

- Mandoora bhasma, 250 to 500 mg., with honey / triphalaa kvaatha / punarnavaashtaka kvaatha / punarvava rasa. (RT)

Yauvana pitikaa

- Kunkumaadi taila, to be used externally for nasya / abhyanga. (YR)

Yoni dosha

- Sataavaree guda, 6 g., with milk. (SY)

Yoni roga

- Kalyaanaka ghruta, 12 g., with warm milk / warm water. (AH)
- Sahacharaadi taila, 6 to 12 g., with goat's milk / warm water. Also used externally for abhyanga. (AH)

Yoni rujaa

- Asokaarishta, 12 to 24 ml. (BR)
- Sukumaara ghruta, 12 g., with warm milk / warm water. (SY)

Yoni vikaara

- Phala ghruta, 12 g., with warm milk / warm water. (AH)

B. ETHICAL PRODUCTS / PATENT MEDICINES

Notes on using therapeutic index

All the entries follow the following style :

Symptom / Disease / Condition

Name of the product, Dosage etc., and Manufacturer's name.

- Doses mentioned are suitable for adults except where otherwise stated. If not mentioned, pediatric doses can be calculated from the adult doses.

- Medicines should be administered orally unless and otherwise specified in other routes.

- Doses are expressed in metric system of weights and measures. The terms ml, mg, g, TSF etc., are used as short designation for milliliter, milligram, gram, table spoon fulls respectively.

- For the ingredients of each product, reader is directed to refer the prescribing information supplied by the Manufacturer. Providing such type of information is beyond the scope of this edition. However in our subsequent editions, we will try to overcome this difficulty to make it more informative.

Abdominal pain

- Pudina hara pellets. (dabur)

Abdominal surgery, after

- Gasex tablets. 2-3 tab., 2-3 times a day, to be chewed after food (himalaya)

Abortion, threatening

- Lucoja capsules. 1-2 cap , 3 times a day. (anuja)

Abortions, habitual

- Leptaden tablets. 2 tab., 3 times a day, before and during pregnancy. (alarsin)
- Gestone palatable jelly. 2-3 TSF, 2-3 times a day followed by milk or water. (zandu)

Abscess

- Hemoplex tablets Children : 1/4-1/2 tab., 3 times a day Adults : 1-2 tab , 3 times a day. (J&J DeChane)

Absent mindedness

- Brento tablets / liquid 1-2 tab., 3 times a day. / 1-2 TSF, 3 times a day. (zandu)

Acid peptic disorders

- Amlant tablets 1-2 tab., 2 times a day after meals. (maharishi)

Acidity

- Bio-sal syrup. Infants : 1/2 TSF 2-3 times a day. Children : 1/2 to 2 TSF 2-3 times a day. (J&J DeChane)
- Imisedon tablets. 2 tab., 2 times a day with warm water (imis)
- Turanjh leham. 1 TSF, 2 times a day, before food. (munnalal)

Acne

- Dermodap ointment. For external use. (dap)
- Hemojas tablets / syrup. Adults : 2-3 tab. / 2-3 TSF, 2-3 times a day. Children : 1-2 tab. / 1-2 TSF, 2-3 times a day. (anuja)
- Rakta shodhan liquid / tablets. 2-4 TSF with water, 3 times a day / 1-2 tab., 2 times a day, with milk. (dap)

Acne vulgaris

- Septilin syrup / tablets. 1/4-2 TSF, 2-3 times a day. / 2 tab., 2-3 times a day. (himalaya)
- Skinelle tablets / cream. 2 tab., 2-3 times a day with water. Cream to be applied externally 2 times a day. (charak)

Acne, adolescent

- Skinelle tablets / cream. 2 tab., 2-3 times a day with water. Cream to be applied externally 2 times a day. (charak)

Acne, premenstrual

- Skinelle tablets / cream. 2 tab., 2-3 times a day with water. Cream to be applied externally 2 times a day. (charak)

Adenoiditis

- Detonsy tablets / throat paint. 2 tab., 3 times a day for 7 days. Throat paint should be applied to the adenoids, 3-4 times a day with a clean swab. (charak)

Aggressive behaviour

- Mentat syrup / tablets. 1/2-1 TSF, 2 times a day. / 2 tab., 2 times a day. (himalaya)

Albuminuria

- Dhatuvruddhi tablets. 1 tab., with milk / butter, 2 times a day. (imis)

Allergic rhinitis

- Septilin syrup / tablets. 1/4-2 TSF, 2-3 times a day. / 2 tab., 2-3 times a day. (himalaya)
- Urtiplex tablets. Adults : 2 tab., 3-4 times a day. Children : 1 tab., 3-4 times a day. (charak)

Allergies, common

- Iobine tablets. Children : 1/2 tab., 3 times a day. Adults : 1 tab., 3 times a day. (J&J DeChane)

Allergy

- Laghu suta sekhara ras. 1-2 tab., 2 times a day with milk. (baidyanath)
- Sooktyn tablets. 2 tab., 3-4 times a day between or after meals. (alarsin)

Allergy, skin

- Purilla syrup. Adults : 2 TSF, 3 times a day. Children : 1 TSF, 3 times a

day with water (charak)

Amenorrhoea

- Aloes compound tablets. 2 tab., 2-3 times a day. (alarsin)

Amenorrhoea, primary/secondary

- Lunarex forte tablets. 2 tab., 3 times a day till menstruation sets in (charak)

Amenorrhoea, secondary

- Fizinorm capsules. 2 cap., 3 times a day for 2 days. (fizikem)

Amnesia

- Mentat syrup / tablets. 1/2-1 TSF, 2 times a day. / 2 tab., 2 times a day. (himalaya)

Amoebiasis (adjuvant)

- Livomap tablets / syrup / drops. 1-2 tab. / 1-2 TSF / 4-25 drops 2-3 times a day. (maharishi)

Amoebiasis

- Amoebica tablets. 1-2 tab., 3 times a day with water. (baidyanath)
- Bilvavaleha jelly. (sandu)

Amoebic dysentery

- Diameba capsules. Adults : 2 cap., 3 times a day. Children : 1 cap., 3 times a day. (anuja)
- Dymbik capsules. Adults : 2 cap., 3 times a day. Children : 1 cap., 3 times a day. (anuja)
- Diarex tablets. 1-2 tab., 2-3 times a day. (himalaya)
- Diasyn tablets. Children 1/2-1 tab., every 4 hours in a day Adults : 1-2 tab., every 4 hours in a day. (J&J DeChane)
- Dicinil capsules. 2 cap., 2 times a day with buttermilk or a cup of tea. (fizikem)
- Kutja tablets 1-2 tab., 2-3 times a day with buttermilk or water. (dap)
- Mebarid syrup. Infants : half TSF 2-3 times a day. Children : 1 TSF 2-3 times day. (phyto pharma)
- Mebarid tablets. 1 tab., 3 times a day. (phyto pharma)
- Intokam tablets / syrup. Adults : 2 tab., 3 times a day / 1 TSF, 3-4 times a day. Children : 1 tab., 3 times a day. / 1-2 TSF, 3-4 times a day. (anuja)

Anaemia (adjuvant)

- Livomap tablets / syrup / drops 1-2 tab. / 1-2 TSF / 4-25 drops 2-3 times a day. (maharishi)

Anaemia

- Raktda tablets. 2 tab., 2 times a day. (maharishi)
- Haemol forte tablets. (sandu)
- Imis tonic compound. 2 TSF, 2 times a day after meals. (imis)
- Limiron capsules. 1-2 cap., 2 times a day before meals. (phyto pharma)
- Limiron granules. 1 TSF, 2 times a day. (phyto pharma)
- Livlon tablets. 2 tab., 2 times a day with water. (imis)

- Panchasav liquid. (sandu)
- Raktoj syrup. Adults : 4 TSF, 2 times a day. Children . 2 TSF, 2 times a day. (dap)
- Tonosil tablets. 1-2 tab., 2 times a day with warm water. (imis)
- Vydactin capsules. 1-2 cap., 2 times a day. (imis)

Anaemia in pregnancy

- Hemocaps with saggron capsules. 1 cap., with a glass of warm milk at night. (fizikem)

Anaemia, macrocytic

- Fekal capsules. 1-2 cap., 2-3 times a day. (anuja)

Anaemia, megaloblastic

- Fekal capsules. 1-2 cap , 2-3 times a day. (anuja)

Anal fissures

- Pilex ointment / tablets. Oint. to be applied locally 1-2 times a day before and after evacuation. / 2-3 tab., 2-3 times a day after meals. (himalaya)

Anal fistulae

- Pilex ointment / tablets. Oint. to be applied locally 1-2 times a day before and after evacuation / 2-3 tab., 2-3 times a day after meals. (himalaya)

Angina pectoris

- Abana tablets. 1-2 tab., 2-3 times a day. (himalaya)

Ankylosing spondilitis

- Actiflex tablets. 2-3 tab., 3 times a day. (anuja)
- Rhumayog with and without gold tablets. 2 tab., 3-4 times a day. (zandu)
- Rumaflex capsules. 2 cap., 3 times a day for 6 months. Then, 1 cap., 2 times a day as maintenance dose. (anuja)

Ankylosing spondylosis

- Rumalaya cream / tablets. Cream is to be used externally 2 times a day with hot fomentations. / 1-2 tab., 2-3 times a day. Contraindication : pregnancy. (himalaya)

Ankylostomiasis

- Cruminill syrup. Adults : 2-3 TSF, 3 times a day for 2-3 days. Children : Half the adult dose. (charak)

Anorexia (infants & children)

- Livotrit pediatric syrup. 1/2-1 TSF, 3 times a day with water and glucose. (zandu)

Anorexia

- Actilivforte tablets / syrup / drops. Children . 1 tab. / 1 TSF, 2-3 times a day. Adults : 2 tab. / 1-2 TSF, 2-3 times a day. Infants : 4-5 drops 3-4 times a day. (anuja)
- Dinuja capsules. Adults : 2 cap., 2 times a day. Children : 1 cap., 2 times a day. (anuja)
- Dizomap tablets. 1-2 tab., 2 times a day before or after meals.

(maharishi)

- Imidige syrup. Adults : 1-2 TSF, 2 times a day. Children : 1/2-1 TSF, 2 times a day. (imis)
- Livdap syrup / tablets. 2 TSF / 1-2 tab., 3 times a day (dap)
- Livina syrup. 1-2 TSF, 2 times a day before principal meals. (dey's)
- Livlon forte syrup Adults : 2 TSF, 2 times a day. Children : 1/2-1 TSF, 2 times a day. (imis)
- Livomap tablets / syrup / drops. 1-2 tab. / 1-2 TSF / 4-25 drops 2-3 times a day. (maharishi)
- Livomyn drops. Children : 10-20 drops 3-4 times a day. Infants : 5-10 drops 3-4 times a day. (charak)
- Pudín hara pellets (dabur)
- Liv 52 drops / syrup / tablets. 5-160 drops 3 times a day. / 1/2-1 1/2 TSF, 2 times a day / 1-3 tab., 3-4 times a day. (himalaya)

Anovulation

- M2-tone syrup 1-2 TSF, 3 times a day for 3-6 cycles. (charak)

Antepartum hemorrhage

- Gestone palatable jelly. 2-3 TSF, 2-3 times a day followed by milk or water. (zandu)

Anti convulsive therapy (adjuvant)

- Mentat syrup / tablets. 1/2-1 TSF, 2 times a day / 2 tab., 2 times a day. (himalaya)
- Vidyarthi amrit syrup 1-2 TSF, 2 times a day. (maharishi)

Anxiety

- Memerin capsules. 1 cap., 2 times a day. (phyto pharma)
- Nevoss tablets. Children : 1/4-1/2 tab., every 4 hours Adults : 1-2 tab., every 3-4 hours in a day. (J&J DeChane)
- Siledin tablets. 1-2 tab., 2-3 times a day. (alarsin)
- Vitesson tablets. Children : 1/4-1/2 tab., 3 times a day. Adults : 1-2 tab., 3 times a day. (J&J DeChane)

Anxiety neurosis

- Cardimap tablets. 1-2 tab., 2 times a day. (maharishi)
- Geriforte syrup / tablets. 1 TSF, 2-3 times a day / 2 tab., 2-3 times a day. (himalaya)

Aphrodisiac tonics (males)

- Vanari kalpa syrup. (santu)

Aphrodisiacs

- Desirex capsules. 2 cap., 3 times a day for 4-6 weeks with warm milk. (anuja)
- N.J.Forte capsules. 1-2 cap., 2 times a day with milk. (jan)
- Imis tonic compound 2 TSF, 2 times a day after meals. (imis)

Aphthous stomatitis

- Septilin syrup / tablets. 1/4-2 TSF, 2-3 times a day / 2 tab., 2-3 times a day. (himalaya)

Apoplexy

- Super sarpa tablets. 1-2 tab., 2 times a day. (anuja)

Appetite, loss of (in children)

- Sooktyan tablets. 1/2-1 tab., mixed with milk / water / fruit juice, 3 times a day. (alarsin)

Appetite, loss of

- Hepjaun tablets. 1-2 tab., 3 times a day. (phyto pharma)
- Herbitars tablets and paediatric syrup. 2-3 tab., 2-3 times a day before meals for 1-3 weeks. Syrup 1-2 TSF 2-3 times a day. (J&J DeChane)
- Imigrone-C syrup. 1-2 TSF, 3 times a day with water. (imis)
- Livlon tablets. 2 tab., 2 times a day with water. (imis)
- Livomyn syrup. Adults : 1-2 TSF, 3 times a day. Children : 1/2-1 TSF, 3 times a day. Infants : 1/4-1/2 TSF, 3 times a day, with milk / water. (supportive) (charak)
- Livomyn tablets. Adults : 2 tab., 2-3 times a day with water. Children : 1 tab., 2-3 times a day with water. (charak)
- Panchasav liquid. (sandu)
- Pudina hara pellets. (dabur)
- Raktoj syrup. Adults : 4 TSF, 2 times a day. Children : 2 TSF, 2 times a day. (dap)
- Sal Phos tablets. 1-2 tab., before meals, 2 times a day. (J&J DeChane)
- Alptone syrup. 1 TSF, 2 times a day before meals. (zandu)

Arthralgia

- Rumalaya cream / tablets. Cream is to be used externally 2 times a day with hot fomentations. / 1-2 tab., 2-3 times a day. Contraindication : pregnancy. (himalaya)

Arthritic conditions

- Arnopen capsules. 2 cap., 2 times a day. (phyto pharma)
- Arnopen liniment To be massaged over the affected areas. (phyto-pharma)

Arthritic pains

- Rhumasyll oil / ointment. 2-3 ml. of oil / 1/4-1/2 inch of oint. is to be rubbed gently 2 times a day followed by hot water fomentation (zandu)
- Vatrina tablets. 1 tab., 3 times a day with warm water. (baidyanath)

Arthritic stiffness

- Rhumasyll oil / ointment. 2-3 ml. of oil / 1/4-1/2 inch of oint. is to be rubbed gently 2 times a day followed by hot water fomentation (zandu)

Arthritis

- Actiflex tablets. 2-3 tab., 3 times a day. (anuja)

Ascites (adjuvant)

- Livomap tablets / syrup / drops. 1-2 tab. / 1-2 TSF / 4-25 drops 2-3 times a day. (maharishi)

Asthenia

- Fortege tablets 1-2 tab., 2-3 times a day (alarsin)

- Bronto tablets / syrup. Adults : 2 tab. / 3 TSF, 2-3 times a day. Children : 1 tab. / 1-2 TSF, 2-3 times a day. (anuja)

Asthma

- Dekofcyn syrup. Adults : 1-2 TSF, 3 times a day Children : 1/2-1 TSF, 3 times a day. (alarsin)
- Dekofcyn tablets. 1/2-1 tab., 3-4 times a day (alarsin)
- Desma tablets Children : 1/2-1 tab., 3 times a day. Adults : 1-2 tab., 3-4 times a day. (J&J DeChane)
- Ephenin tablets. (sandu)
- Koflyn tablets Children : 1/4-1/2 tab , 3 times a day Adults : 1-2 tab., 3 times a day. (J&J DeChane)

Asthma, bronchial

- Asmex tablets 1 tab., 2 times a day with warm milk / tea / warm water, before food. (balaji)
- Cough syrup with tulsi. Adults : 2-3 TSF, 2-3 times a day Children : 1 TSF, 2-3 times a day. (dap)
- Nakas syrup. 1 TSF, 2 times a day with water after meals (imis)
- Spasma syrup. Adults : 2-3 TSF, 3 times a day. Children . 1 TSF, 3 times a day. (charak)

Asthmatic cough

- Kasmin P syrup 1-2 TSF, 3 times a day. (maharishi)

Atherosclerosis

- Garlip tablets. 1-2 tab , 2-3 times a day after meals (phyto pharma)
- Cholecurb tablets 2 tab., 4 times a day (charak)
- MAK paste & tablets. 1 TSF & 1 tab., 2 times a day with milk. (maharishi)

Baby massage oils

- Lal tail. (baidyanath)
- Elegance oil (sandu)

Bacillary dysentary

- Diameba capsules. Adults : 2 cap., 3 times a day Children . 1 cap., 3 times a day. (anuja)
- Dymbobik capsules. Adults : 2 cap., 3 times a day. Children : 1 cap., 3 times a day. (anuja)
- Diasyn tablets. Children : 1/2-1 tab , every 4 hours in a day. Adults : 1-2 tab., every 4 hours in a day. (J&J DeChane)
- Dicinil capsules. 2 cap., 2 times a day with buttermilk or a cup of tea. (fizikem)
- Mebarid syrup Infants : half TSF 2-3 times a day Children : 1 TSF 2-3 times day (phyto pharma)
- Mebarid tablets. 1 tab., 3 times a day. (phyto pharma)
- Intokam tablets / syrup. Adults : 2 tab., 3 times a day / 1 TSF, 3-4 times a day. Children : 1 tab., 3 times a day. / 1-2 TSF, 3-4 times a day. (anuja)

Back ache

- Myron tablets. 2 tab., 3 times a day (alarsin)
- Rumaflex ointment. For external use, 2 times a day. (anuja)

Back ache and weakness in ladies

- Ovoutoline syrup / tablets. 1-2 TSF, 3 times a day. / 1-2 tab., 3 times a day. (zandu)
- Rhumasy oil / ointment. 2-3 ml. of oil / 1/4-1/2 inch of oint. is to be rubbed gently 2 times a day followed by hot water fomentation (zandu)
- Rhumayog with and without gold tablets. 2 tab , 3-4 times a day. (zandu)

Bald head

- Jephyr hair tonic oil. For external application on head. (imis)

Bed sores

- Ripanto ointment. For external application (J&J DeChane)

Bed wetting

- Neo tablets. Children : 1 tab., 3 times a day for 4-6 weeks. (charak)

Behavioural disorders

- Mentat syrup / tablets. 1/2-1 TSF, 2 times a day. / 2 tab , 2 times a day. (himalaya)

Benign prostatic enlargement

- Fortege tablets. 1-2 tab., 2-3 times a day. (alarsin)

Biliary dyskinesia

- Ojus syrup / tablets 1-2 TSF / 2 tab , 30 min after food. (charak)

Biliousness

- Sal Phos tablets. 1-2 tab., after meals, 2 times a day. (J&J DeChane)

Bleeding associated with uterine subinvolution

- Myrkap capsules. 1-2 cap , 3 times a day. (zandu)

Bleeding conditions

- Chiniumco tablets. Children : 1/4 th-1/2 tab., 3 times a day. Adults : 1-2 tab , 3 times a day. (J&J DeChane)

Bleeding gums

- Styplon tablets. 2-3 tab., 3 times a day. (himalaya)

Bleeding piles

- Styplon tablets. 2-3 tab , 3 times a day. (himalaya)

Bleeding, excessive

- Brahamdine tablets. 1-2 tab , 2 times a day. (J&J DeChane)

Blepharitis (adjunct)

- Itone eye drops. 1-2 drops, 2-4 times a day (dey's)

Blood pressure, increased

- Aluretic tablets. 1-2 tab., 2-3 times a day. (alarsin)
- Arjin tablets. 2-3 tab., 1-3 times a day (alarsin)

Blood purifiers

- Hemocleen syrup. (sandu)
- Rakta shodhak bati tablets. 1-2 tab., 2 times a day with water. (baidyanath)

Body aches

- Corazan capsules. 1-2 cap., 2-3 times a day. (zandu)
- Triver capsules. Adults : 1-2 cap., 3 times a day. Children : 1 cap., 3 times a day. (anuja)

Body pains

- Feronil tablets. Adults : 2-3 tab., 2 times a day. Children : 1-2 tab., 2 times a day (anuja)

Body weakness

- Limiron capsules. 1-2 cap., 2 times a day before meals. (phyto pharma)
- Limiron granules. 1 TSF, 2 times a day. (phyto pharma)

Boils

- Hemojas tablets / syrup. Adults : 2-3 tab. / 2-3 TSF, 2-3 times a day. Children : 1-2 tab. / 1-2 TSF, 2-3 times a day. (anuja)
- Hemoplex tablets. Children : 1/4-1/2 tab., 3 times a day. Adults : 1-2 tab., 3 times a day (J&J DeChane)
- Pamarin tablets. 1-2 tab., 2 times a day with honey. (imis)
- Rakta shodhan liquid / tablets. 2-4 TSF with water, 3 times a day / 1-2 tab., 2 times a day, with milk. (dap)
- Septilin syrup / tablets. 1/4-2 TSF, 2-3 times a day / 2 tab., 2-3 times a day. (himalaya)

Brain tonics

- Brentrex capsules. Adults : 2 cap., 2 times a day. Children : 1 cap., 2 times a day. (anuja)

Breast, underdeveloped

- Satavarex granules. 1-2 TSF, 2 times a day with milk. (zandu)

Breathlessness

- Swas kalpa tablets. 2 tab., 2-3 times a day. (baidyanath)

Bronchial allergies

- Asthomap tablets. 1-2 tab., 3 times a day. (maharishi)

Bronchial asthma

- Asthomap tablets 1-2 tab., 3 times a day. (maharishi)
- Zefs cough syrup. 1/2-2 TSF, 2-3 times a day. (zandu)

Bronchial catarrh

- Prandhara drops 2-3 drops, 2-3 times in form of topical application / steam inhalation / oral route. (maharishi)

Bronchiectasis

- Dekofcyn syrup. Adults : 1-2 TSF, 3 times a day. Children : 1/2-1 TSF, 3 times a day. (alarsin)
- Dekofcyn tablets. 1/2-1 tab., 3-4 times a day (alarsin)
- Zefs cough syrup. 1/2-2 TSF, 2-3 times a day. (zandu)

Bronchitic cough

- Kasmin P syrup. 1-2 TSF, 3 times a day. (maharishi)

Bronchitis

- Asmex tablets 1 tab., 2 times a day with warm milk / tea / warm water,

before food. (bañaji)

- Asthomap tablets. 1-2 tab., 3 times a day. (maharishi)
- Bronto tablets / syrup. Adults : 2 tab. / 3 TSF, 2-3 times a day. Children : 1 tab. / 1-2 TSF, 2-3 times a day. (anuja)
- Chesol.oil. For external application. (J&J DeChane)
- Cough syrup with tulsi. Adults : 2-3 TSF, 2-3 times a day. Children : 1 TSF, 2-3 times a day. (dap)
- Dekofcyn syrup. Adults : 1-2 TSF, 3 times a day. Children 1/2-1 TSF, 3 times a day. (alarsin)
- Dekofcyn tablets. 1/2-1 tab., 3-4 times a day. (alarsin)
- Desma tablets. Children : 1/2-1 tab , 3 times a day. Adults : 1-2 tab., 3-4 times a day. (J&J DeChane)
- F-15 tablets. Adults : 1 tab , 2-3 times a day with tulsi leaves Children : 1/2-tab , 3 times a day with tulsi leaves (dap)
- Spasma syrup. Adults : 2-3 TSF, 3 times a day. Children : 1 TSF, 3 times a day. (charak)
- Vydactin capsules. 1-2 cap , 2 times a day. (imis)
- Zefs cough syrup. 1/2-2 TSF, 2-3 times a day (zandu)

Bronchitis, chronic

- Hemoplex tablets. Children 1/4-1/2 tab., 3 times a day. Adults : 1-2 tab., 3 times a day. (J&J DeChane)

Bronchopneumonia

- Dekofcyn syrup. Adults : 1-2 TSF, 3 times a day. Children : 1/2-1 TSF, 3 times a day (alarsin)

Burning micturition

- Bangshil tablets. 2 tab., 2-4 times a day for 2-3 weeks (alarsin)
- Cystone tablets. 2-3 tab., 2-3 times a day (himalaya)

Burns

- Ripanto ointment. For external application (J&J DeChane)
- Sapta guna tail. For external use. (baidyanath)

Bursitis

- Arnopen capsules. 2 cap., 2 times a day. (phyto pharma)

Calcium deficiency

- Fekal capsules. 1-2 cap , 2-3 times a day. (anuja)

Calcium deficiency states

- Limiron granules 1 TSF, 2 times a day. (phyto pharma)

Calculi

- Calcury tablets 2 tab., 3-4 times a day. (charak)

Cancer

- MAK paste & tablets. 1 TSF & 1 tab., 2 times a day with milk. (maharishi)

Carbuncle

- Septilin syrup / tablets. 1/4-2 TSF, 2-3 times a day. / 2 tab., 2-3 times a day. (himalaya)

Cardiac arrhythmias

- Abana tablets. 1-2 tab., 2-3 times a day. (himalaya)

Cardiac asthma

- Grandi-Co tablets. 1-2 tab., 3 times a day. (J&J DeChane)

Cardiac ischaemia

- Arjunin tablets. 2 tab., 2-3 times a day (charak)

Cardiac neurosis

- Abana tablets. 1-2 tab., 2-3 times a day. (himalaya)
- Arjunin tablets. 2 tab., 2-3 times a day. (charak)

Cardiac output, reduced

- Arjunin tablets. 2 tab., 2-3 times a day. (charak)

Cardiac tonic

- Chyavanyog. 5-10 gms 2 times a day with milk. (dap)

Cardio vascular diseases

- MAK paste & tablets. 1 TSF & 1 tab., 2 times a day with milk. (maharishi)

Catarrhal jaundice

- Actilivforte tablets / syrup / drops Children : 1 tab / 1 TSF, 2-3 times a day. Adults : 2 tab. / 1-2 TSF, 2-3 times a day. Infants : 4-5 drops 3-4 times a day. (anuja)

Cervical erosions

- Myron tablets 2 tab., 3 times a day. (alarsin)

Cervical spondylitis

- Rhumasyll oil / ointment. 2-3 ml. of oil / 1/4-1/2 inch of oint. is to be rubbed gently 2 times a day followed by hot water fomentation (zandu)
- Rumaflex capsules. 2 cap., 3 times a day for 6 months. Then, 1 cap., 2 times a day as maintenance dose. (anuja)
- Rumalaya cream / tablets. Cream is to be used externally 2 times a day with hot fomentations / 1-2 tab., 2-3 times a day. Contraindication . pregnancy. (himalaya)
- Rymanylin liniment / tablets Liniment should be applied locally over the affected area, spread evenly and rubbed gently 3-4 times a day or more as required. It should not be used if the skin is broken or injured. Adults : 2 tab., 3 times a day. (charak)

Chilblain

- Himcolin cream. Cream is to be massaged 1-2 times a day, on the penis and pubic region and should not be washed immediately. Sexual intercourse is advised after one hour. (himalaya)

Choked voice

- Herbodil cough syrup. 1-2 TSF, 3-4 times a day. (dey's)

Cholera

- Prandhara drops. 2-3 drops, 2-3 times in form of topical application / steam inhalation / oral route. (maharish.)

Chorea

- Ned forte tablets. Adults : 2 tab., 3 times a day. Children : 1 tab., 3

times a day. (charak)

Circulatory disorders

- Harnita syrup. (sandu)

Cirrhosis

- Livomyn syrup Adults : 1-2 TSF, 3 times a day. Children : 1/2-1 TSF, 3 times a day. Infants : 1/4-1/2 TSF, 3 times a day, with milk / water. (charak)

Cirrhosis of liver

- Actilivforte tablets / syrup / drops Children : 1 tab. / 1 TSF, 2-3 times a day. Adults : 2 tab. / 1-2 TSF, 2-3 times a day. Infants : 4-5 drops 3-4 times a day. (anuja)

Cirrhosis of liver

- Imidige syrup. Adults : 1-2 TSF, 2 times a day Children : 1/2-1 TSF, 2 times a day. (imis)
- Livdap syrup / tablets. 2 TSF / 1-2 tab., 3 times a day (dap)
- Livo drops. Children : 10-20 drops 3 times a day Infants : 5-10 drops 3 times a day. (fizikem)
- Livomyn tablets. Adults : 2 tab., 2-3 times a day with water Children : 1 tab., 2-3 times a day with water (conserving/protecting) (charak)

Cirrhosis of liver, early

- Herbitars tablets and paediatric syrup. 2-3 tab., 2-3 times a day before meals for 1-3 weeks. Syrup 1-2 TSF 2-3 times a day (J&J DeChane)

Cirrhosis, early, adult

- Liv.52 drops / syrup / tablets 5-160 drops 3 times a day. / 1/2-1 1/2 TSF, 2 times a day. / 1-3 tab., 3-4 times a day. (himalaya)

Climacteric disturbances

- Ovoutoline syrup / tablets. 1-2 TSF, 3 times a day. / 1-2 tab., 3 times a day. (zandu)

Cold

- Bronto tablets / syrup. Adults : 2 tab. / 3 TSF, 2-3 times a day. Children : 1 tab. / 1-2 TSF, 2-3 times a day. (anuja)
- Dekofcyn tablets 1/2-1 tab., 3-4 times a day. (alarsin)
- Feronil tablets Adults : 2-3 tab., 2 times a day. Children : 1-2 tab., 2 times a day. (anuja)
- Iobine tablets. Children : 1/2 tab., 3 times a day. Adults : 1 tab., 3 times a day. (J&J DeChane)
- Nilsin capsules. 1-2 cap., 3 times a day. (phyto pharma)
- Prandhara drops. 2-3 drops, 2-3 times in form of topical application / steam inhalation / oral route (maharishi)
- Rumaflex ointment. For external use, 2 times a day. (anuja)

Colic (infants & children)

- Infee syrup. 5 drops-1 TSF, 2 times a day with water. (zandu)

Colic

- Bio-sal syrup. Infants : 1/2 TSF 2-3 times a day. Children : 1/2 to 2 TSF

2-3 times a day. (J&J DeChane)

- Imidige syrup. Adults : 1-2 TSF, 2 times a day. Children : 1/2-1 TSF, 2 times a day. (imis)

Colic, gastro

- Imisedon tablets. 2 tab., 2 times a day with warm water (imis)

Colitis

- Bilvavaleha jelly. (sandu)

Colitis, mucous

- Diasyn tablets. Children : 1/2-1 tab., every 4 hours in a day. Adults : 1-2 tab., every 4 hours in a day. (J&J DeChane)

Common cold

- Corazan capsules. 1-2 cap., 2-3 times a day. (zandu)
- Dekofcyn syrup. Adults : 1-2 TSF, 3 times a day. Children : 1/2-1 TSF, 3 times a day. (alarsin)
- Desma tablets. Children : 1/2-1 tab., 3 times a day. Adults : 1-2 tab., 3-4 times a day. (J&J DeChane)
- F-15 tablets. Adults : 1 tab., 2-3 times a day with tulsi leaves. Children : 1/2 tab., 3 times a day with tulsi leaves. (dap)
- Septilin syrup / tablets. 1/4-2 TSF, 2-3 times a day. / 2 tab., 2-3 times a day. (himalaya)
- Zefs cough syrup 1/2-2 TSF, 2-3 times a day. (zandu)

Congestive heart failure

- Aluretic tablets. 1-2 tab , 2-3 times a day. (alarsin)

Conjunctivitis (adjunct)

- Itone eye drops. 1-2 drops, 2-4 times a day. (dey's)

Conjunctivitis of the eye

- Rasgent eye drops. Dissolve 1-2 grains in a teaspoonful of boiled & cooled water and put a few drops in both eyes. (J&J DeChane)

Constipation (infants & children)

- Infee syrup. 5 drops-1 TSF, 2 times a day with water (zandu)

Constipation

- Actilivforte tablets / syrup / drops. Children : 1 tab. / 1 TSF, 2-3 times a day. Adults : 2 tab. / 1-2 TSF, 2-3 times a day. Infants : 4-5 drops 3-4 times a day. (anuja)
- Amalaki rasayan powder. 1 TSF, 2 times a day with water. (baidyanath)
- Dhatuvruddhi tablets. 1 tab., with milk / butter, 2 times a day. (imis)
- Ezilax S tablets. Adults : 2 tab., at bed time. Children : 1-2 tab., at bed time. (anuja)
- Herbitars tablets and paediatric syrup. 2-3 tab., 2-3 times a day before meals for 1-3 weeks. Syrup 1-2 TSF 2-3 times a day. (J&J DeChane)
- Herbolax capsules / tablets. 1-2 cap., at bed time. / 1-3 tab., one hour before dinner. (himalaya)
- Kabjahara granules. 2 TSF, with water before going to bed. (baidyanath)
- Kandamula rasayana tablets. 6 tab., 2 times a day with buttermilk.

(imis)

- Livlon forte syrup. Adults : 2 TSF, 2 times a day. Children : 1/2-1 TSF 2 times a day. (imis)
- Livlon tablets. 2 tab., 2 times a day with water. (imis)
- Livomyn syrup. Adults : 1-2 TSF, 3 times a day. Children : 1/2-1 TSF, 3 times a day. Infants : 1/4-1/2 TSF, 3 times a day, with milk / water. (supportive) (charak)
- Livomyn tablets. Adults : 2 tab., 2-3 times a day with water. Children : 1 tab., 2-3 times a day with water. (charak)
- Sal Phos tablets. 1-2 tab., after meals, 2 times a day. (J&J DeChane)
- Softex powder. 1/2-2 TSF with water at bed time (balaji)
- Spolax granules. Children : 1 TSF with water. Adults : 1-3 TSF of granules to be swallowed with a glass of water in the evening, 2 hours before and after meal. (J&J DeChane)
- Vaatam churnam powder. 1-2 TSF, at bed time with warm water. (munnalal)

Constipation, occational/habitual

- Regulax forte tablets. 1 tab., at bed time. (charak)

Contusions

- R-compound tablets. 2 tab., 2-3 times a day. (alarsin)

Convalescence

- Ajin capsules. Adults : 2 cap., 2 times a day. Children : 1 cap., 2 times a day. (anuja)
- Jebex tablets. 1 tab., 2 times a day with milk. (balaji)
- Livomyn syrup. Adults : 1-2 TSF, 3 times a day. Children : 1/2-1 TSF, 3 times a day. Infants : 1/4-1/2 TSF, 3 times a day, with milk / water (supportive) (charak)
- Vigoroll jelly. 1 TSF, 2 times a day. (charak)
- Liv.52 drops / syrup / tablets. 5-160 drops 3 times a day / 1/2-1 1/2 TSF, 2 times a day. / 1-3 tab., 3-4 times a day. (himalaya)
- Limiron granules. 1 TSF, 2 times a day. (phyto pharma)

Convulsions

- Palsinuron capsules. 1 cap., 2-3 times a day. (phyto pharma)

Corneal ulcers (adjunct)

- Itone eye drops. 1-2 drops, 2-4 times a day (dey's)

Cough

- Asthomap tablets. 1-2 tab., 3 times a day. (maharishi)
- Bronto tablets / syrup. Adults : 2 tab / 3 TSF, 2-3 times a day. Children : 1 tab. / 1-2 TSF, 2-3 times a day. (anuja)
- Desma tablets. Children : 1/2-1 tab., 3 times a day. Adults : 1-2 tab., 3-4 times a day. (J&J DeChane)
- Esinophal tablets. 1 tab., 2 times a day with hot water. (imis)
- GCM syrup. Adults : 2 TSF, 3 times a day with warm water. Children : 1/2-1 TSF, 3 times a day with warm water. (imis)

- Herbodil cough syrup 1-2 TSF, 3-4 times a day. (dey's)
- Koflet cough syrup Adults : 1-2 TSF, 2-3 times a day. Children : 1/2-1 TSF, 2-3 times a day (himalaya)
- Koflyn tablets Children : 1/4-1/2 tab., 3 times a day. Adults : 1-2 tab., 3 times a day. (J&J DeChane)
- Nakas syrup. 1 TSF, 2 times a day with water after meals (imis)
- Rumaflex ointment. For external use, 2 times a day. (anuja)
- Sarasa syrup. Adults : 1 TSF, with water, 2 times a day after meals. Children : 1/2 TSF, with water, 2 times a day after meals. (imis)
- Tonosil tablets. 1-2 tab., 2 times a day with warm water (imis)
- Vasa syrup (sandu)
- Zefs cough syrup. 1/2-2 TSF, 2-3 times a day. (zandu)

Cough due to varied etiology

- Dekofcyn tablets. 1/2-1 tab., 3-4 times a day. (alarsin)

Cough with fever

- Kasmin P syrup 1-2 TSF, 3 times a day. (maharishi)

Cough, allergic/infective/asthmatic

- Kofol syrup. Adults : 2-3 TSF, 3 times a day. Children : 1-3 TSF, 3 times a day. Infants : 1/4-1/2 TSF, 3 times a day. (charak)

Cough, asthmatic

- Meditab tablets. 1-2 tab., with milk/honey, 2-3 times a day. (J&J DeChane)

Cough, dry

- Kasni syrup. 1-2 TSF, 2-3 times a day (maharishi)
- Kofol tablets. 1 tab. to be kept in mouth for every 3-4 hours. (charak)

Cough, due to varied etiology

- Dekofcyn syrup. Adults : 1-2 TSF, 3 times a day Children : 1/2-1 TSF, 3 times a day. (alarsin)

Cough, productive

- Kasni syrup. 1-2 TSF, 2-3 times a day. (maharishi)

Cough, smokers

- Cough syrup with tulsi. Adults : 2-3 TSF, 2-3 times a day Children : 1 TSF, 2-3 times a day (dap)

Cough, tubercular

- Meditab tablets. 1-2 tab , with milk/honey, 2-3 times a day. (J&J DeChane)

Cough, whooping

- Cough syrup with tulsi. Adults : 2-3 TSF, 2-3 times a day. Children : 1 TSF, 2-3 times a day. (dap)

Cracks of the foot

- Haelex ointment. To be applied externally. (baidyanath)

Cramps in calf

- Palsinuron capsules. 1 cap., 2-3 times a day. (phyto pharma)

Crystalluria

- Cystone tablets. 2-3 tab, 2-3 times a day (himalaya)

Cuts

- Sapta guna tail For external use (baidyanath)

Cycles, painful

- Dymex tablets. 1 tab, 2 times a day with buttermilk during periods for 3 continuous cycles (balaji)

Cystitis

- Oruclyn tablets. Adults : 2 tab, 2-3 times a day. Children . 1 tab., 2-3 times a day. (supportive) (charak)

Dacryocystitis (adjunct)

- Itone eye drops 1-2 drops, 2-4 times a day (dey's)

Dandruff

- Ritu anti dandruff oil For external use. (munnalal)

Debility

- Acti forte tablets / syrup. Adults 1-2 tab. / 2-3 TSF, 2 times a day. Children . 1 tab / 1-2 TSF, 2 times a day. (anuja)
- Livomyn syrup. Adults . 1-2 TSF, 3 times a day. Children : 1/2-1 TSF, 3 times a day. Infants : 1/4-1/2 TSF, 3 times a day, with milk / water. (supportive) (charak)
- Manoll tonic / tablets. Adults : 2 TSF / 2 tab., 2-3 times a day. Children : Half the adult dose (supportive) (charak)
- Vigoroll jelly. 1 TSF, 2 times a day. (charak)

Debility, general

- Digestone tablets / syrup Adults . 2 tab. / 2-3 TSF, 3 times a day. Children : 1 tab. / 1-2 TSF, 2-3 times a day. (anuja)
- Iobine tablets. Children : 1/2 tab., 3 times a day. Adults : 1 tab., 3 times a day. (J&J DeChane)
- Jebex tablets. 1 tab., 2 times a day with milk. (balaji)
- Raktoj syrup. Adults : 4 TSF, 2 times a day. Children . 2 TSF, 2 times a day. (dap)

Debility, sexual

- Desirex capsules. 1-2 cap., 3 times a day for 4-6 weeks with warm milk. (anuja)

Deficient diets, in

- Limiron capsules. 1-2 cap., 2 times a day before meals. (phyto pharma)
- Limiron granules. 1 TSF, 2 times a day. (phyto pharma)

Degenerative diseases

- MAK paste & tablets. 1 TSF & 1 tab., 2 times a day with milk (maharishi)

Delayed maturity in females

- Fartal capsules. 1 cap., 2 times a day, for 3-4 months. (anuja)

Delayed milestones (infants & children)

- Livotrit pediatric syrup. 1/2-1 TSF, 3 times a day with water and glucose. (zandu)

Delayed puberty

- M2-tone syrup. 1-2 TSF, 3 times a day for 3-6 cycles. (charak)

Dental caries

- Gum-tone tooth powder. 1/2 TSF to be rubbed on gums and teeth regularly morning and evening with a finger or a soft brush. (propholaxis) (charak)

Dental pulpitis

- R-compound tablets. 2 tab., 2-3 times a day. (alarsin)

Depression

- Brentrex capsules. Adults : 2 cap, 2 times a day. Children : 1 cap., 2 times a day. (anuja)
- Memerin syrup. 1 TSF, 2-3 times a day. (phyto pharma)
- Siledin tablets. 1-2 tab., 2-3 times a day. (alarsin)

Dermatitis

- Pamarin tablets. 1-2 tab., 2 times a day with honey. (imis)

Dermatological disorders

- Skion ointment. For external use, 3 times a day. (anuja)

Dermatoses, allergic

- Urtiplex tablets. Adults : 2 tab., 3-4 times a day. Children : 1 tab., 3-4 times a day. (charak)

Dermatoses, intractable

- Septilin syrup / tablets. 1/4-2 TSF, 2-3 times a day. / 2 tab., 2-3 times a day. (himalaya)

Diabetes (adjuvant)

- Livomap tablets / syrup / drops. 1-2 tab / 1-2 TSF / 4-25 drops 2-3 times a day (maharishi)

Diabetes

- Debix tablets. (sandu)
- Diabet capsules. 1 cap., 2 times a day with water before meals. (balaji)
- Livlon forte syrup. Adults : 2 TSF, 2 times a day. Children : 1/2-1 TSF, 2 times a day. (imis)
- Losubit capsules. 2 cap., 2 times a day for 30 days. 1 cap., 3 times a day for 15 days. 1 cap., 3 times a day for an indefinite period. (anuja)
- Madhu mehari granules. 1-2 times with water. (baidyanath)
- Madhu nashthak powder / capsules. 1-2 TSF, 2 times a day, with a cup of milk or tea / 1-2 cap., 2 times a day with milk / tea. (munnalal)
- Mersina tablets. 2-4 tab., 3 times a day, 30 min. before meals.

Diabetes melitus

- Tribangshila tablets. 2-4 tab., 2 times a day before meals with water / milk / honey / turmeric juice. (zandu)
- Glucomap tablets. 1-2 tab., 2 times a day after meals. (maharishi)
- Madhu mardan powder. 1 TSF before every principal meal, with water. (jain)
- Madhumeha sanjivini powder (punya)

Diabetes, adult & stable

- JK 22 tablets. 2 tab., 2 times a day with a controlled diet. Maximum dose 8 tab. in 24 hours. (charak)

Diarrhoea (infants)

- Berbenterone paediatric suspension. (sandu)

Diarrhoea

- Ambimap tablets. 1-2 tab., 2-3 times a day with water. (maharishi)
- Berbenterone compound tablets. (sandu)
- Bio-sal syrup. Infants : 1/2 TSF 2-3 times a day Children : 1/2 to 2 TSF 2-3 times a day. (J&J DeChane)
- Diameba capsules. Adults : 2 cap., 3 times a day. Children . 1 cap., 3 times a day. (anuja)
- Diarex tablets. 1-2 tab., 2-3 times a day (himalaya)
- Diasyn tablets. Children : 1/2-1 tab., every 4 hours in a day. Adults : 1-2 tab , every 4 hours in a day. (J&J DeChane)
- Dicinil capsules. 2 cap , 2 times a day with buttermilk or a cup of tea. (fizikem)
- Dymobik capsules. Adults . 2 cap., 3 times a day. Children : 1 cap., 3 times a day. (anuja)
- Gastromone tablets. Children : 1/4-1/2 tab., 15 min. before or immediately after meals Adults : 1-2 tab., 15 min before or immediately after meals (J&J DeChane)
- Intokam tablets / syrup. Adults : 2 tab., 3 times a day. / 1 TSF, 3-4 times a day. Children : 1 tab., 3 times a day / 1-2 TSF, 3-4 times a day. (anuja)
- Kutja tablets. 1-2 tab., 2-3 times a day with buttermilk or water. (dap)
- Mebarid tablets. 1 tab., 3 times a day. (phyto pharma)
- Prandhara drops. 2-3 drops, 2-3 times in form of topical application / steam inhalation / oral route. (maharishi)
- Sal Phos tablets. 1-2 tab., after meals, 2 times a day. (J&J DeChane)

Diarrhoea, functional

- Diadyn syrup Children : 1-3 TSF, 3 times a day for 7 days Infants : 1/2 TSF, 3 times a day for 7 days. (charak)

Diarrhoea, infantile

- Diasyn tablets. Children : 1/2-1 tab., every 4 hours in a day (J&J DeChane)

Diarrhoea, seasonal

- Deepan tablets. Adults : 2 tab , 3 times a day for 7 days. Children : Half the adult dose. (charak)

Diarrhoea, summer

- Deepan tablets. Adults : 2 tab., 3 times a day for 7 days. Children : Half the adult dose. (charak)
- Diadyn syrup. Children : 1-3 TSF, 3 times a day for 7 days. Infants : 1/2 TSF, 3 times a day for 7 days. (charak)

Diarrhoea, viral

- Diadyn syrup. Children 1-3 TSF, 3 times a day for 7 days. Infants : 1/2 TSF, 3 times a day for 7 days (supportive) (charak)

Diarrhoea, viral/bacterial/protozoal

- Deepan tablets. Adults : 2 tab., 3 times a day for 7 days. Children . Half the adult dose. (charak)

Digestion, impaired

- Dinuja capsules Adults : 2 cap., 2 times a day Children : 1 cap., 2 times a day. (anuja)

Digestion, impaired

- Hepjaun tablets 1-2 tab., 3 times a day. (phyto pharma)

Digestion, loss of

- Livomyn syrup. Adults 1-2 TSF, 3 times a day. Children : 1/2-1 TSF, 3 times a day Infants 1/4-1/2 TSF, 3 times a day, with milk / water. (supportive) (charak)

Digestion, weak

- Gastromone tablets. Children . 1/4-1/2 tab., 15 min. before or immediately after meals. Adults · 1-2 tab., 15 min. before or immediately after meals (J&J DeChane)

Digestive complaints (infants & children)

- Bonnisan liquid. 1/4-3 TSF, 3-4 times a day (himalaya)

Digestive disorders

- Hajam M chewable tablets. (baidyanath)
- Zanduzyme tablets. 2 tab , 2 times a day after meals. (zandu)

Digestive insufficiency

- Ojus syrup / tablets 1-2 TSF / 2 tab., 30 min. before food. (charak)

Digestive troubles

- Hycid capsules. 1 cap., 2 times a day with butter milk after food. (balaji)

Digestive upsets (infants & children)

- Infee syrup 5 drops-1 TSF, 2 times a day with water. (zandu)

Disc prolapse

- Rymanylin liniment / tablets. Liniment should be applied locally over the affected area, spread evenly and rubbed gently 3-4 times a day or more as required. It should not be used if the skin is broken or injured Adults 2 tab , 3 times a day (charak)

Diuretics

- Aluretic tablets 1-2 tab., 2-3 times a day. (alarsin)

Dry cough

- Kasmin V syrup. 1-2 TSF, 3 times a day (maharishi)

Duodenal ulcer

- Amlant tablets. 1-2 tab., 2 times a day after meals. (maharishi)

Dysentery (infants)

- Berbenterone paediatric suspension. (sandu)

Dysentery

- Ambimap tablets. 1-2 tab., 2-3 times a day with water. (maharishi)
- Berbenterone compound tablets. (sandu)
- Bilvavaleha jelly. (sandu)

Dysfunctional uterine bleeding

- Ayapon tablets. 2 tab., 2-4 times a day. (alarsin)
- M2-tone syrup. 1-2 TSF, 3 times a day for 3-6 cycles. (charak)
- Utrodap syrup 2-4 TSF, 3 times a day with water before meals. (dap)
- Posex forte tablets. 2-3 tab., 3 times a day, up to a maximum of 12 tab. in 24 hours, till bleeding stops. (charak)

Dysmenorrhoea

- Aloes compound tablets. 2 tab., 2-3 times a day. (alarsin)
- Fizinorm capsules. 2 cap., 3 times a day for 2 days. (fizikem)
- Gynocalm syrup. 2 TSF, 2-3 times a day. (imis)
- Lucoja capsules. 1-2 cap., 3 times a day. (anuja)
- Lukol tablets. 2-3 tab., 2-3 times a day. (himalaya)
- Ovoutoline syrup / tablets. 1-2 TSF, 3 times a day. / 1-2 tab., 3 times a day. (zandu)
- Utrodap syrup. 2-4 TSF, 3 times a day with water before meals. (dap)

Dyspepsia (in children)

- Sooktyn tablets. 1/2-1 tab, mixed with milk / water / fruit juice, 3 times a day. (alarsin)

Dyspepsia

- Alsarex tablets. 2 tab., 2-3 times a day with a bland diet for 3-6 months. (charak)
- Dinuja capsules. Adults : 2 cap., 2 times a day. Children : 1 cap., 2 times a day. (anuja)
- Dizomap tablets. 1-2 tab., 2 times a day before or after meals. (maharishi)
- Garlip tablets. 1-2 tab., 2-3 times a day after meals. (phyto pharma)
- Gasrex capsules Adults : 2 cap., 1-5 times in a day. Children : 1 cap , after meals. (anuja)
- Gritona tablets / syrup / drops. Adults : 2-4 tab. / 1-2 TSF, 2-3 times a day. Children : 1-2 tab. / 1 TSF, 2-3 times a day, Infants : 4-5 drops a day. (anuja)
- Imidige syrup. Adults : 1-2 TSF, 2 times a day. Children : 1/2-1 TSF, 2 times a day. (imis)
- Madiphala rasayana syrup. 2-3 TSF, 2 times a day. (imis)
- Pudín hara pellets. (dabur)
- Sal Phos tablets. 1-2 tab., after meals, 2 times a day. (J&J DeChane)
- Sooktyn tablets. 2 tab., 3-4 times a day between or after meals. (alarsin)

Dyspepsia, carbohydrate/protein related

- Ojus syrup / tablets. 1-2 TSF / 2 tab., 30 min. after food. (charak)

Dyspepsia, colonic

- Zanduzyme tablets. 2 tab , 2 times a day after meals (zandu)

Dyspepsia, fermentative/putrefactive

- Ojus syrup / tablets. 1-2 TSF / 2 tab., 30 min. after food. (charak)

Dyspepsia, flatulent

- Herbitars tablets and paediatric syrup. 2-3 tab., 2-3 times a day before meals for 1-3 weeks. Syrup 1-2 TSF 2-3 times a day. (J&J DeChane)

Dyspepsia, nervous

- Gastromone tablets. Children : 1/4-1/2 tab , 15 min. before or immediately after meals. Adults : 1-2 tab., 15 min before or immediately after meals. (J&J DeChane)

Dyspeptic colic

- Gasex tablets. 2-3 tab., 2-3 times a day, to be chewed after food (himalaya)

Dyspeptic diarrhoea

- Digestone tablets / syrup. Adults : 2 tab / 2-3 TSF, 3 times a day. Children : 1 tab. / 1-2 TSF, 2-3 times a day. (anuja)

Dyspnoea

- Esinophal tablets. 1 tab., 2 times a day with hot water. (imis)
- Sarasa syrup. Adults : 1 TSF, with water, 2 times a day after meals. Children : 1/2 TSF, with water, 2 times a day after meals. (imis)
- Swas kalpa tablets. 2 tab., 2-3 times a day (baidyanath)

Dysuria (infants & children)

- Infee syrup. 5 drops-1 TSF, 2 times a day with water (zandu)

Eclampsia

- Serpina tablets. 1/2-3 tab., 1-3 times a day. (himalaya)

Eczema

- Dermodap ointment. For external use. (dap)
- Hemojas tablets / syrup. Adults : 2-3 tab. / 2-3 TSF, 2-3 times a day. Children : 1-2 tab. / 1-2 TSF, 2-3 times a day. (anuja)
- Herbo-Sulph tablets. 1-2 tab., 3 times a day. Also can be applied externally by crushing in to powder and mixing with 5 parts of vaseline (J&J DeChane)
- Rakta shodhan liquid / tablets. 2-4 TSF with water, 3 times a day / 1-2 tab., 2 times a day, with milk. (dap)
- Ripanto ointment. For external application. (J&J DeChane)
- Sarasa syrup. Adults : 1 TSF, with water, 2 times a day after meals. Children : 1/2 TSF, with water, 2 times a day after meals. (imis)
- Gandhaka rasayana tablets. 1 tab., 2 times a day with water before meals. (imis)
- Septilin syrup / tablets. 1/4-2 TSF, 2-3 times a day. / 2 tab., 2-3 times a day. (himalaya)

Eczema, atopic

- Urtiplex tablets. Adults : 2 tab., 3-4 times a day. Children : 1 tab., 3-4

times a day. (charak)

Emotional problems

- Memerin capsules. 1 cap., 2 times a day. (phyto pharma)

Emphysema

- Asthomap tablets. 1-2 tab., 3 times a day (maharishi)
- Spasma syrup. Adults : 2-3 TSF, 3 times a day. Children : 1 TSF, 3 times a day. (charak)

Endometritis

- Ovoutoline syrup / tablets. 1-2 TSF, 3 times a day. / 1-2 tab., 3 times a day. (zandu)

Energy drinks

- Herbonik powder. 2 TSF, with milk. (maharishi)

Enlarged prostate

- K4 tablets. 2 tab., 2 times a day with water or milk. (zandu)

Entero colitis

- Mebarid syrup. Infants : half TSF 2-3 times a day. Children : 1 TSF 2-3 times day. (phyto pharma)
- Mebarid tablets. 1 tab., 3 times a day (phyto pharma)

Enterobiasis

- Cruminill syrup. Adults : 2-3 TSF, 3 times a day for 2-3 days. Children : Half the adult dose (charak)

Enuresis

- Mentat syrup / tablets 1/2-1 TSF, 2 times a day. / 2 tab., 2 times a day. (himalaya)
- Serpina tablets. 1/2-3 tab., 1-3 times a day. (himalaya)

Eosinophilia

- Asthomap tablets 1-2 tab , 3 times a day. (maharishi)

Eosinophilia, tropical

- Spasma syrup. Adults : 2-3 TSF, 3 times a day. Children : 1 TSF, 3 times a day. (charak)

Epilepsy, idiopathic

- Ned forte tablets. Adults : 2 tab , 3 times a day. Children : 1 tab., 3 times a day. (charak)

Epistaxis

- Ayapon tablets. 2 tab., 3-4 times a day. (alarsin)
- Posex forte tablets. 2-3 tab., 3 times a day, up to a maximum of 12 tab. in 24 hours, till bleeding stops. (charak)
- Styplon tablets. 2-3 tab., 3 times a day. (himalaya)

Erection, loss of

- Energol MA tablets. 2 tab., 2 times a day with water or milk (maharishi)

Erection, unsatisfactory

- Desirex capsules. 1-2 cap., 3 times a day for 4-6 weeks with warm milk. (anuja)
- Tentex forte tablets. 2 tab., 2 times a day chewed and with milk or tea.

Contra indications : Cardiac failure, Chronic renal diseases, Arterio sclerosis. (himalaya)

- Vigorex tablets. 1-2 tab., 2 times a day with milk. (zandu)

Erythema

- Pamarin tablets. 1-2 tab., 2 times a day with honey. (imis)

Exhaustion

- Mersina tablets. 2-4 tab., 3 times a day, 30 min. before meals.

Exhaustion, physical & mental

- Geriforte syrup / tablets 1 TSF, 2-3 times a day. / 2 tab., 2-3 times a day. (himalaya)

Eye conjunctivitis

- Rasgent eye drops. Dissolve 1-2 grains in a teaspoonful of boiled & cooled water and put a few drops in both eyes. (J&J DeChane)

Facial palsy

- Palsinuron capsules. 1 cap, 2-3 times a day. (phyto pharma)

Fatigue

- Ajin capsules. Adults : 2 cap., 2 times a day. Children : 1 cap., 2 times a day. (anuja)
- Alpitone syrup. 1 TSF, 2 times a day before meals. (zandu)
- Digestone tablets / syrup. Adults : 2 tab. / 2-3 TSF, 3 times a day. Children : 1 tab. / 1-2 TSF, 2-3 times a day. (anuja)
- Imidige syrup. Adults : 1-2 TSF, 2 times a day. Children : 1/2-1 TSF, 2 times a day. (imis)
- Imis tonic compound 2 TSF, 2 times a day after meals. (imis)
- Manoll tonic / tablets. Adults : 2 TSF / 2 tab., 2-3 times a day. Children : Half the adult dose. (supportive) (charak)
- Ozomen capsules. 2 cap., with warm milk or fruit juice, 2 hours before going to bed, for 40 days (fizikem)
- Vigoroll jelly. 1 TSF, 2 times a day. (charak)

Fatty liver

- Livina syrup 1-2 TSF, 2 times a day before principal meals. (dey's)

Female disorders

- Sundari kalpa fort syrup. 4 TSF, 2 times a day after meals. (baidyanath)

Fermentative disorders

- Sal Phos tablets. 1-2 tab., after meals, 2 times a day. (J&J DeChane)

Fever

- Chirakin tablets. 1/2-2 tab., 3 times a day with hot water for 4-7 days. (zandu)
- Esinophal tablets. 1 tab., 2 times a day with hot water (imis)
- Feronil tablets. Adults : 2-3 tab, 2 times a day. Children : 1-2 tab., 2 times a day. (anuja)
- Godanti mishran tablets. 1 Tab., 2 times a day. (baidyanath)
- Maha sudarshan ghan bati tablets. 1-2 tab., 2-3 times a day with warm water. (baidyanath)

- Tonosil tablets. 1-2 tab., 2 times a day with warm water. (imis)

Fever with cold and flu

- Curill syrup / tablets. Adults : 2-3 TSF / 2-3 tab., 3 times a day. Children : 1 TSF / 1-2 tab., 3 times a day. Infants : 1/2 TSF, 3 times a day. To be continued for 7 days after symptoms have subsided. (charak)

Fevers (all types)

- Triver capsules. Adults : 1-2 cap., 3 times a day. Children : 1 cap., 3 times a day. (anuja)

Fevers, septic

- Hemoplex tablets. Children : 1/4-1/2 tab., 3 times a day. Adults : 1-2 tab., 3 times a day. (J&J DeChane)

Fibrositis

- Actiflex tablets. 2-3 tab., 3 times a day. (anuja)
- Rhumayog with and without gold tablets. 2 tab., 3-4 times a day. (zandu)
- Rumaflex capsules. 2 cap., 3 times a day for 6 months. Then, 1 cap., 2 times a day as maintenance dose. (anuja)
- Rumaflex liniment. For external use, 2 times a day with hot fomentations. (anuja)
- Rumaflex ointment. For external use, 2 times a day. (anuja)
- Rumalaya cream / tablets. Cream is to be used externally 2 times a day with hot fomentations. / 1-2 tab., 2-3 times a day. Contraindication : pregnancy (himalaya)
- Rymanyl liniment / tablets. Liniment should be applied locally over the affected area, spread evenly and rubbed gently 3-4 times a day or more as required. It should not be used if the skin is broken or injured. Adults : 2 tab., 3 times a day. Children : 1 tab., 3 times a day. (charak)

Fistula

- Recta kare tablets 2-3 tab., 2-3 times a day, after meals. (anuja)
- Sarasa syrup Adults : 1 TSF, with water, 2 times a day after meals. Children : 1/2 TSF, with water, 2 times a day after meals. (imis)
- Septilin syrup / tablets. 1/4-2 TSF, 2-3 times a day. / 2 tab., 2-3 times a day. (himalaya)

Fistulectomy, post operative period

- Sunarin capsules. 1 cap., 3-4 times a day. (phyto pharma)

Flatulence (in children)

- Sooktyn tablets. 1/2-1 tab, mixed with milk / water / fruit juice, 3 times a day. (alarsin)

Flatulence

- Bio-sal syrup. Infants : 1/2 TSF 2-3 times a day. Children : 1/2 to 2 TSF 2-3 times a day. (J&J DeChane)
- Dinuja capsules. Adults : 2 cap., 2 times a day. Children : 1 cap., 2 times a day (anuja)
- Garill tablets. Adults : 1-3 tab., 2-3 times a day after meals for 6 weeks.

Children : Half the adult dose. (charak)

- Gasrex capsules. Adults : 2 cap., 1-5 times in a day. Children : 1 cap., after meals. (anuja)
- Gastromone tablets. Children : 1/4-1/2 tab., 15 min. before or immediately after meals. Adults : 1-2 tab., 15 min. before or immediately after meals. (J&J DeChane)
- Gritona tablets / syrup / drops. Adults : 2-4 tab. / 1-2 TSF, 2-3 times a day. Children : 1-2 tab. / 1 TSF, 2-3 times a day. Infants : 4-5 drops a day. (anuja)
- Hycid capsules. 1 cap., 2 times a day with butter milk after food. (balaji)
- Prandhara drops. 2-3 drops, 2-3 times in form of topical application / steam inhalation / oral route. (maharishi)
- Sal Phos tablets. 1-2 tab., after meals, 2 times a day. (J&J DeChane)
- Sooktyn tablets. 2 tab., 3-4 times a day between or after meals. (alarsin)
- Zanduzyne tablets. 2 tab., 2 times a day after meals. (zandu)

Flu

- Corazan capsules. 1-2 cap., 2-3 times a day. (zandu)

Flue fever

- F-15 tablets. Adults : 1 tab., 2-3 times a day with tulsi leaves. Children : 1/2 tab., 3 times a day with tulsi leaves. (dap)

Forgetfulness

- Brento tablets / liquid. 1-2 tab., 3 times a day. / 1-2 TSF, 3 times a day. (zandu)

Fractures

- Ossigen capsules. 2 cap., 2 times a day. (phyto pharma)

Frigidity (in females)

- Desirex capsules. 1-2 cap., 3 times a day for 4-6 weeks with warm milk. (anuja)
- Fortege tablets. 1-2 tab., 2-3 times a day. (alarsin)
- Pallrywyn forte tablets. 1-2 tab., 2 times a day with milk for 8 weeks. (charak)

Frozen shoulders

- Actiflex tablets. 2-3 tab., 3 times a day. (anuja)
- Rhumasyil oil / ointment. 2-3 ml. of oil / 1/4-1/2 inch of oint. is to be rubbed gently 2 times a day followed by hot water fomentation (zandu)
- Rhumayog with and without gold tablets. 2 tab., 3-4 times a day. (zandu)
- Rumaflex liniment. For external use, 2 times a day with hot fomentations. (anuja)
- Rimalaya cream / tablets. Cream is to be used externally 2 times a day with hot fomentations. / 1-2 tab., 2-3 times a day. Contraindication : pregnancy. (himalaya)
- Rumaflex capsules. 2 cap., 3 times a day for 6 months. Then, 1 cap., 2 times a day as maintenance dose. (anuja)
- Rumaflex ointment. For external use, 2 times a day. (anuja)

Fullness, feeling of

- Garlill tablets. Adults : 1-3 tab., 2-3 times a day after meals for 6 weeks.
Children : Half the adult dose. (charak)

Functional uterine bleeding

- Lukol tablets. 2-3 tab., 2-3 times a day. (himalaya)

Fungal infections

- Dermodap ointment. For external use. (dap)

Fungal skin diseases

- Sarasa syrup. Adults : 1 TSF, with water, 2 times a day after meals.
Children : 1/2 TSF, with water, 2 times a day after meals. (imis)

Furunculosis

- Septilin syrup / tablets 1/4-2 TSF, 2-3 times a day. / 2 tab., 2-3 times a day. (himalaya)

Galactagogues

- Satavarex granules. 1-2 TSF, 2 times a day with milk. (zandu)

Gas

- Gaisantak vati tablets. 1-2 tab., 2-3 times with water. (baidyanath)
- Gasex tablets. 2-3 tab., 2-3 times a day, to be chewed after food (himalaya)

Gas trouble

- Garlill tablets. Adults : 1-3 tab., 2-3 times a day after meals for 6 weeks.
Children : Half the adult dose. (charak)
- Ojus syrup / tablets. 1-2 TSF / 2 tab., 30 min. after food. (charak)

Gaseousness

- Zanduzyme tablets. 2 tab., 2 times a day after meals. (zandu)

Gastrectomy, sequelae of

- Ojus syrup / tablets. 1-2 TSF / 2 tab., 30 min. after food. (charak)

Gastritis

- Madiphala rasayana syrup. 2-3 TSF, 2 times a day. (imis)
- Sooktyn tablets. 2 tab., 3-4 times a day between or after meals. (alarsin)

Gastro enteritis

- Mebarid tablets. 1 tab., 3 times a day. (phyto pharma)
- Mebarid syrup. Infants : half TSF 2-3 times a day. Children : 1 TSF 2-3 times a day. (phyto pharma)

Gastro esophageal reflux

- Children : Vomiteb syrup / tablets. 1 TSF / 1 tab., as desired. Infants : 1/2 TSF / 1/2 tab., as desired. (charak)

Gastro intestinal bleeding

- Styplon tablets. 2-3 tab., 3 times a day. (himalaya)

Gastro intestinal disturbances

- Imigrone-C syrup. 1-2 TSF, 3 times a day with water. (imis)

Gastro intestinal problems (adjuvant)

- Livomap tablets / syrup / drops. 1-2 tab. / 1-2 TSF / 4-25 drops 2-3 times a day. (maharishi)

Gastro intestinal spasms

- Nevoss tablets. Children : 1/4-1/2 tab., every 4 hours. Adults : 1-2 tab , every 3-4 hours in a day. (J&J DeChane)

Gastroenteritis

- Berbenterone compound tablets. (sandu)

General debility

- Alpitone syrup. 1 TSF, 2 times a day before meals. (zandu)
- Energol MA tablets. 2 tab., 2 times a day with water or milk (maharishi)

General tonics

- Drakshojem syrup. 2-3 TSF 2 times a day with water before food. (dap)
- Kesari kalpa paste. 1-2 TSF, with milk in the mornings. (baidyanath)
- Trasina capsules. 1-2 cap., 2 times a day. (dey's)

Genito urinary tract diseases (adjuvant)

- Restone tablets / syrup. 1-2 tab. / 1-2 TSF, 2 times a day after meals. (maharishi)

Genito urinary tract infections

- Bangshil tablets. 2 tab., 2-4 times a day for 2-3 weeks. (alarsin)

Gingivitis

- G 32 tablets. 1-2 tab. to be crushed and massaged over gums, teeth and on the affected parts of the mouth with finger tip and is to be kept for 5 min. and rinsed with fresh water. May be repeated 2-3 times a day (alarsin)

Girdle pains

- Myron tablets 2 tab., 3 times a day. (alarsin)

Gout

- Arnopen capsules 2 cap., 2 times a day. (phyto pharma)
- Arnopen liniment. To be massaged over the affected areas. (phyto-pharma)
- Cystone tablets 2-3 tab., 2-3 times a day. (himalaya)
- Pirant tablets / oil. 2 tab., 2-3 times a day after meal. Oil to be rubbed over the affected area. (maharishi)
- Rumaflex capsules. 2 cap., 3 times a day for 6 months. Then, 1 cap., 2 times a day as maintenance dose. (anuja)
- Rumalaya cream / tablets Cream is to be used externally 2 times a day with hot fomentations / 1-2 tab., 2-3 times a day. Contraindication : pregnancy. (himalaya)
- Vatrina tablets. 1 tab., 3 times a day with warm water (baidyanath)

Grandmal

- Ned forte tablets. Adults : 2 tab , 3 times a day. Children 1 tab., 3 times a day. (charak)

Grey hair

- Jephyr hair tonic oil. For external application on head (imis)

Gripe symptoms (in children)

- Sooktyn tablets. 1/2-1 tab, mixed with milk / water / fruit juice, 3 times

a day. (alarsin)

Griping pain

- Puçin hara pellets. (dabur)
- Gritona tablets / syrup / drops. Adults : 2-4 tab. / 1-2 TSF, 2-3 times a day. Children : 1-2 tab. / 1 TSF, 2-3 times a day. Infants : 4-5 drops a day. (anuja)

Growth failure

- Livomyn drops. Children : 10-20 drops 3-4 times a day. Infants : 5-10 drops 3-4 times a day. (charak)

Growth, retarded

- Ajin capsules. Adults : 2 cap , 2 times a day. Children : 1 cap., 2 times a day. (anuja)
- Livomyn syrup. Adults : 1-2 TSF, 3 times a day. Children : 1/2-1 TSF, 3 times a day. Infants : 1/4-1/2 TSF, 3 times a day, with milk / water. (supportive) (charak)

Gums, bleeding

- Ayapon tablets 2 tab., 3-4 times a day. (alarsin)

Gums, bleeding / swollen / painful / spongy

- G 32 tablets. 1-2 tab. to be crushed and massaged over gums, teeth and on the affected parts of the mouth with finger tip and is to be kept for 5 min. and rinsed with fresh water May be repeated 2-3 times a day. (alarsin)

Gums, bleeding/spongy/inflamed

- Gum-tone tooth powder. 1/2 TSF to be rubbed on gums and teeth regularly morning and evening with a finger or a soft brush. (charak)

Haemarthrosis

- R-compound tablets. 2 tab., 2-3 times a day. (alarsin)

Haematemesis

- Posex forte tablets 2-3 tab., 3 times a day, up to a maximum of 12 tab. in 24 hours, till bleeding stops. (charak)
- Styplon tablets. 2-3 tab., 3 times a day. (himalaya)

Haematinics

- haemol forte tablets. (sandu)
- Imis tonic compound 2 TSF, 2 times a day after meals (imis)
- Myron tablets. 2 tab., 3 times a day. (alarsin)
- Raktda tablets. 2 tab., 2 times a day (maharishi)

Haematuria

- Oruclyn tablets. Adults : 2 tab., 2-3 times a day. Children : 1 tab., 2-3 times a day. (charak)
- Posex forte tablets. 2-3 tab , 3 times a day, up to a maximum of 12 tab. in 24 hours, till bleeding stops. (charak)
- Styplon tablets. 2-3 tab., 3 times a day. (himalaya)

Haemoptysis

- Ayapon tablets. 2 tab., 3-4 times a day. (alarsin)

- Nakas syrup. 1 TSF, 2 times a day with water after meals (imis)
- Posex forte tablets. 2-3 tab., 3 times a day, up to a maximum of 12 tab. in 24 hours, till bleeding stops. (charak)
- Styplon tablets. 2-3 tab., 3 times a day. (himalaya)

Haemorrhage, postpartum

- Myrkap capsules. 1-2 cap., 3 times a day. (zandu)

Haemorrhoidal bleeding

- Posex forte tablets. 2-3 tab., 3 times a day, up to a maximum of 12 tab. in 24 hours, till bleeding stops. (charak)

Haemorrhoidectomy, post operative period

- Sunarin capsules. 1 cap., 3-4 times a day. (phyto pharma)

Haemorrhoids, external/internal

- Arshonyt forte tablets / ointment. 2 tab., 3-4 times a day for 10 days followed by 1 tab., 3 times a day for 6 weeks. Ointment should be applied before and after each defaecation or more often in required. (charak)

Haemostatics

- Ayapon tablets. 2 tab., 3-4 times a day. (alarsin)

Haemostyptics

- Posex forte tablets. 2-3 tab., 3 times a day, up to a maximum of 12 tab. in 24 hours, till bleeding stops. (charak)

Hair fall

- Ritu herbal hair oil. For external use. (munnalal)

Halitosis

- G 32 tablets. 1-2 tab. to be crushed and massaged over gums, teeth and on the affected parts of the mouth with finger tip and is to be kept for 5 min. and rinsed with fresh water. May be repeated 2-3 times a day. (alarsin)

Hard stools (in children)

- Sooktyn tablets. 1/2-1 tab, mixed with milk / water / fruit juice, 3 times a day. (alarsin)

Harmorrhoids

- Pilex ointment / tablets. Oint. to be applied locally 1-2 times a day before and after evacuation. / 2-3 tab., 2-3 times a day after meals. (himalaya)

Hay fever

- Urtiplex tablets. Adults : 2 tab., 3-4 times a day. Children : 1 tab., 3-4 times a day. (charak)

Head ache

- Chesol oil. For external application. (J&J DeChane)
- Feronil tablets. Adults : 2-3 tab., 2 times a day. Children : 1-2 tab., 2 times a day. (anuja)
- Painoff oil. for external application. (jain)
- Prandhara drops. 2-3 drops, 2-3 times in form of topical application /

steam inhalation / oral route. (maharishi)

- Rumaflex ointment. For external use, 2 times a day. (anuja)

Head ache, tension

- Traquanyl forte tablets. Adults : 2-3 tab., 2-3 times a day. Children : 1 tab., 2-3 times a day. (charak)
- Vitesson tablets. Children : 1/4-1/2 tab., 3 times a day. Adults : 1-2 tab., 3 times a day (J&J DeChane)

Headache, sinus

- Cephagrain tablets / nasal drops. 2 tab., 3 times a day orally and 2 drops instilled in each nostril every 2 hours for 7 days. The course may be repeated after a month. (charak)

Headache, spasmodic

- Cephagrain tablets / nasal drops. 2 tab., 3 times a day orally and 2 drops instilled in each nostril every 2 hours for 7 days. The course may be repeated after a month. (charak)

Headache, vascular

- Cephagrain tablets / nasal drops. 2 tab., 3 times a day orally and 2 drops instilled in each nostril every 2 hours for 7 days. The course may be repeated after a month. (charak)

Health supplements (infants & children)

- Bonnisan liquid. 1/4-3 TSF, 3-4 times a day. (himalaya)
- Osteon D tablets. (sandu)
- Balkadu syrup. (sandu)
- Janamghunti drops. (sandu)

Health supplements

- Amalaki rasayan powder. 1 TSF, 2 times a day with water. (baidyanath)
- Aswagandha capsules. 1 cap., 2 times a day. (baidyanath)
- Cystone tablets. 2-3 tab., 2-3 times a day. (himalaya)
- Geriforte syrup / tablets. 1 TSF, 2-3 times a day. / 2 tab., 2-3 times a day. (himalaya)
- Liv.52 drops / syrup / tablets. 5-160 drops 3 times a day. / 1/2-1 1/2 TSF, 2 times a day. / 1-3 tab., 3-4 times a day. (himalaya)
- MAK paste & tablets. 1 TSF & 1 tab., 2 times a day with milk. (maharishi)
- Septilin syrup / tablets. 1/4-2 TSF, 2-3 times a day. / 2 tab., 2-3 times a day. (himalaya)

Health supplement during pregnancy

- Gestone palatable jelly. 2-3 TSF, 2-3 times a day followed by milk or water. (zandu)
- Satavarex granules. 1-2 TSF, 2 times a day with milk. (zandu)

Heart burn

- Sarasa syrup. Adults : 1 TSF, with water, 2 times a day after meals.
Children : 1/2 TSF, with water, 2 times a day after meals. (imis)

Heart troubles

- Vydactin capsules. 1-2 cap., 2 times a day. (imis)

Helminthiasis

- Cruminill syrup. Adults : 2-3 TSF, 3 times a day for 2-3 days. Children Half the adult dose (charak)

Hemiplegia

- Palsinuron capsules. 1 cap., 2-3 times a day (phyto pharma)

Hepatic congestion/dysfunction

- Livomyn drops Children : 10-20 drops 3-4 times a day. Infants : 5-10 drops 3-4 times a day. (charak)

Hepatic damage due to hepato toxic drugs

- Herbitars tablets and paediatric syrup. 2-3 tab., 2-3 times a day before meals for 1-3 weeks. Syrup 1-2 TSF 2-3 times a day (J&J DeChane)

Hepatic disorders

- Herbitars tablets and paediatric syrup 2-3 tab, 2-3 times a day before meals for 1-3 weeks. Syrup 1-2 TSF 2-3 times a day (J&J DeChane)

Hepatic dysfunction

- Iobine tablets Children : 1/2 tab., 3 times a day. Adults : 1 tab., 3 times a day. (J&J DeChane)

Hepatitis

- Imidige syrup Adults : 1-2 TSF, 2 times a day Children : 1/2-1 TSF, 2 times a day. (imis)
- Jaundex syrup. (sandu)
- Livdap syrup / tablets. 2 TSF / 1-2 tab, 3 times a day (dap)
- Livina syrup. 1-2 TSF, 2 times a day before principal meals. (dey's)

Hepatitis with/without jaundice

- Livomyn drops. Children : 10-20 drops 3-4 times a day. Infants : 5-10 drops 3-4 times a day (charak)

Hepatitis, active and chronic

- Livomyn tablets. Adults : 2 tab, 2-3 times a day with water. Children : 1 tab., 2-3 times a day with water (conserving/protecting) (charak)
- Livomyn syrup. Adults : 1-2 TSF, 3 times a day. Children : 1/2-1 TSF, 3 times a day. Infants : 1/4-1/2 TSF, 3 times a day, with milk / water. (charak)

Hepatitis, infective

- Livo drops. Children : 10-20 drops 3 times a day. Infants : 5-10 drops 3 times a day. (fizikem)

Hepatitis

- Liv.52 drops / syrup / tablets. 5-160 drops 3 times a day / 1/2-1 1/2 TSF, 2 times a day. / 1-3 tab., 3-4 times a day. (himalaya)

Hepato toxic states

- Hepjaun tablets. 1-2 tab., 3 times a day. (phyto pharma)

Hepato toxicity, drug induced

- Livomyn syrup. Adults : 1-2 TSF, 3 times a day. Children : 1/2-1 TSF, 3 times a day. Infants : 1/4-1/2 TSF, 3 times a day, with milk / water. (charak)

- Livomyn drops. Children : 10-20 drops 3-4 times a day. Infants : 5-10 drops 3-4 times a day. (charak)

Hepato toxicity

- Livo drops. Children : 10-20 drops 3 times a day. Infants : 5-10 drops 3 times a day. (fizikem)

Hepatobiliary disorders

- Livomyn syrup. Adults : 1-2 TSF, 3 times a day. Children : 1/2-1 TSF, 3 times a day. Infants : 1/4-1/2 TSF, 3 times a day, with milk / water. (charak)

Hepatomegaly

- Livomap tablets / syrup / drops. 1-2 tab. / 1-2 TSF / 4-25 drops 2-3 times a day. (maharishi)

Hiccough

- Prandhara drops. 2-3 drops, 2-3 times in form of topical application / steam inhalation / oral route. (maharishi)

Hiccups due to acidity

- Pudina hara pellets. (dabur)

Hiccups, persistent

- Vomiteb syrup / tablets. 2 TSF / 2 tab., 3-4 times a day / more frequently if required. (charak)

Hyper acidity

- Amalaki rasayan powder. 1 TSF, 2 times a day with water. (baidyanath)
- Amla pittantak yog tablets. 2 tab., 2 times a day. (baidyanath)
- Gasex tablets. 2-3 tab., 2-3 times a day, to be chewed after food (himalaya)
- Gasrex capsules. Adults : 2 cap., 1-5 times in a day. Children : 1 cap., after meals. (anuja)
- Gastromone tablets. Children : 1/4-1/2 tab., 15 min. before or immediately after meals. Adults : 1-2 tab., 15 min. before or immediately after meals. (J&J DeChane)
- Amlant tablets. 1-2 tab., 2 times a day after meals. (maharishi)
- Hycid capsules. 1 cap., 2 times a day with butter milk after food. (balaji)
- Sooktyn tablets. 2 tab., 3-4 times a day between or after meals. (alarsin)

Hyper cholesteræmia

- Cholecurb tablets. 2 tab., 4 times a day. (charak)
- Nosulin powder. 1-2 TSF, with water after principal meals 2 times a day. (dey's)
- Garlip tablets. 1-2 tab., 2-3 times a day after meals. (phyto pharma)

Hyper lipidaemia

- Abana tablets. 1-2 tab., 2-3 times a day. (himalaya)

Hyperemesis gravidarum

- Vomiteb syrup / tablets. 2 TSF / 2 tab., 3-4 times a day / more frequently if required (charak)

Hyperglycemia

- Nosulin powder. 1-2 TSF, with water after principal meals 2 times a day. (dey's)

Hyperkinetic states

- Mentat syrup / tablets. 1/2-1 TSF, 2 times a day. / 2 tab., 2 times a day. (himalaya)

Hypermetropia (adjunct)

- Itone eye drops. 1-2 drops; 2-4 times a day. (dey's)

Hypertension (mild/moderate/severe), arterial/renal/neurogenic

- Sapera forte tablets. Initially 2 tab., 3 times a day. Maintenance 1 tab., 3 times a day. (charak)

Hypertension

- Abana tablets. 1-2 tab., 2-3 times a day. (himalaya)
- Cardimap tablets. 1-2 tab., 2 times a day (maharishi)
- Jessica tablets. 1 tab., 2 times a day. (imis)
- Prescon tablets. 1 tab., 2 times a day with water. (balaji)
- Super sarpa tablets. 1-2 tab., 2 times a day. (anuja)
- Vitesson tablets. (supportive) Children : 1/4-1/2 tab., 3 times a day. Adults : 1-2 tab., 3 times a day. (J&J DeChane)
- Vydactin capsules. 1-2 cap., 2 times a day. (imis)

Hypertension, cardiovascular

- Serpina tablets. 1/2-3 tab., 1-3 times a day (himalaya)

Hypertension, renal

- Serpina tablets. 1/2-3 tab., 1-3 times a day. (himalaya)

Hypertriglyceridaemia

- Cholecurb tablets. 2 tab., 4 times a day. (charak)

Hypo acidity

- Gastromone tablets. Children : 1/4-1/2 tab., 15 min. before or immediately after meals. Adults : 1-2 tab., 15 min. before or immediately after meals. (J&J DeChane)

Hypomenorrhoea

- Lunarex forte tablets. 2 tab., 3 times a day to be started a week before expected date of menstruation. Should be discontinued during menstruation and repeated in each cycle till regular rhythm is restored. (charak)

Hysteria

- Sedikare capsules. 1-2 cap., at bed time. (anuja)
- Serpina tablets. 1/2-3 tab., 1-3 times a day. (himalaya)

Impotence

- Acti forte tablets / syrup. Adults : 1-2 tab. / 2-3 TSF, 2 times a day. Children : 1 tab. / 1-2 TSF, 2 times a day. (anuja)
- Addyzoa tablets. 2 tab., 2-3 times a day till vitality restores. (charak)
- Ajin capsules. Adults : 2 cap., 2 times a day. Children : 1 cap., 2 times a day. (anuja)

Impotence, due to neurasthenia or nervous debility

- Senzine tablets. 1-2 tab., 3 times a day. (J&J DeChane)

Impotence, functional (males)

- Desirex capsules. 1-2 cap., 3 times a day for 4-6 weeks with warm milk. (anuja)

Impotence, functional

- Vigorex tablets. 1-2 tab., 2 times a day with milk. (zandu)

Impotence, psychogenic/idiopathic

- Pallrywyn forte tablets 1-2 tab., 2 times a day with milk for 8 weeks. (charak)

Impotency

- Dhatuvruddhi tablets. 1 tab., with milk / butter, 2 times a day. (imis)

Indigestion (infants & children)

- Infee syrup. 5 drops-1 TSF, 2 times a day with water. (zandu)

Indigestion

- Dizomap tablets. 1-2 tab., 2 times a day before or after meals. (maharishi)
- Garlip tablets. 1-2 tab., 2-3 times a day after meals. (phyto pharma)
- Gasex tablets. 2-3 tab., 2-3 times a day, to be chewed after food (himalaya)
- Gasrex capsules. Adults : 2 cap., 1-5 times in a day. Children : 1 cap., after meals. (anuja)
- Herbitars tablets and paediatric syrup. 2-3 tab., 2-3 times a day before meals for 1-3 weeks. Syrup 1-2 TSF 2-3 times a day. (J&J DeChane)
- Imis tonic compound. 2 TSF, 2 times a day after meals. (imis)
- Livlon forte syrup. Adults : 2 TSF, 2 times a day. Children : 1/2-1 TSF, 2 times a day. (imis)
- Pudina hara pellets. (dabur)
- Vydactin capsules. 1-2 cap., 2 times a day. (imis)
- Zanduzyme tablets. 2 tab., 2 times a day after meals. (zandu)

Infections

- Septilin syrup / tablets. 1/4-2 TSF, 2-3 times a day. / 2 tab., 2-3 times a day. (himalaya)

Infective hepatitis (infants & children)

- Livotrit pediatric syrup. 1/2-1 TSF, 3 times a day with water and glucose. (zandu)

Infective hepatitis

- Hepjaun tablets. 1-2 tab., 3 times a day. (phyto pharma)
- Liv. 52 drops / syrup / tablets. 5-160 drops 3 times a day. / 1/2-1 1/2 TSF, 2 times a day. / 1-3 tab., 3-4 times a day. (himalaya)
- Livomap tablets / syrup / drops. 1-2 tab. / 1-2 TSF / 4-25 drops 2-3 times a day. (maharishi)
- Livomyn syrup. Adults : 1-2 TSF, 3 times a day. Children : 1/2-1 TSF, 3 times a day. Infants : 1/4-1/2 TSF, 3 times a day, with milk / water. (for

protection and conservation of liver function) (charak)

- Livotrit tablets / liquid. 2 tab., 2-3 times a day / 1-2 TSF, 3 times a day with water and glucose. (zandu)

Infective polyarthritis

- Rumalaya cream / tablets. Cream is to be used externally 2 times a day with hot fomentations. / 1-2 tab., 2-3 times a day. Contraindication pregnancy. (himalaya)

Infertility associated with recanalization

- Addyzoa tablets. 2 tab., 2-3 times a day till conception. (charak)

Infertility (female)

- Fartal capsules 1 cap., 2 times a day, from 5 th day of menstrual cycle for 21 days. To be repeated for next 3-4 months. (anuja)
- Aloes compound tablets 2 tab., 2-3 times a day. (alarsin)

Infertility, functional female

- M2-tone syrup. 1-2 TSF, 3 times a day for 3-6 cycles. (charak)

Infertility, male

- Fortege tablets 1-2 tab., 2-3 times a day. (alarsin)

Infertility, male functional

- Addyzoa tablets. 2 tab., 2-3 times a day till vitality restores. (charak)

Inflammatory conditions

- Pirant tablets / oil. 2 tab., 2-3 times a day after meal Oil to be rubbed over the affected area. (maharishi)

Inflammatory conditions, neuromuscular / skeletomuscular

- R-compound tablets. 2 tab., 2-3 times a day. (alarsin)

Influenza

- Feronil tablets. Adults : 2-3 tab., 2 times a day. Children : 1-2 tab., 2 times a day. (anuja)
- Zefs cough syrup. 1/2-2 TSF, 2-3 times a day. (zandu)

Insanity

- Serpina tablets. 1/2-3 tab., 1-3 times a day. (himalaya)

Insanity, violent type of

- Sedikare capsules. 1-2 cap., at bed time. (anuja)

Insomnia

- Cardimap tablets 1-2 tab., 2 times a day. (maharishi)
- Dimag dosha hari tablets. 1-2 tab., 2 times a day with milk. (baidyanath)
- Imis tonic compound. 2 TSF, 2 times a day after meals. (imis)
- Jessica tablets. 1 tab., 2 times a day. (imis)
- Memorin capsules. 1 cap , 2 times a day. (phyto pharma)
- Memorin syrup. 1 TSF, 2-3 times a day. (phyto pharma)
- Sarpagandha tablets. 1 tab., 1-2 times a day. (baidyanath)
- Sedikare capsules. 1-2 cap., at bed time. (anuja)
- Serpina tablets. 1/2-3 tab., 1-3 times a day. (himalaya)

Intestinal fermentation

- Diasyn tablets. Children : 1/2-1 tab , every 4 hours in a day. Adults : 1-

2 tab, every 4 hours in a day. (J&J DeChane)

Intestinal worms

- Wormahal tablets / syrup. Adults : 2 tab. / 3-4 TSF 3 times a day.
Children : 1-3 tab. / 1-2 TSF, 3 times a day. (anuja)

Intra uterine bleeding

- Styplon tablets. 2-3 tab., 3 times a day. (himalaya)

Intra uterine growth retardation

- Gestone palatable jelly. 2-3 TSF, 2-3 times a day followed by milk or water. (zandu)

Iron deficiency states

- Fekal capsules. 1-2 cap., 2-3 times a day. (anuja)

Irregular cycles

- M2-tone syrup. 1-2 TSF, 3 times a day for 3-6 cycles. (charak)

Irregular periods

- Brahamdine tablets. 1-2 tab., 2 times a day. (J&J DeChane)

Irritability

- Serpina tablets. 1/2-3 tab., 1-3 times a day. (himalaya)

Irritable bowel syndrome

- Diarex tablets. 1-2 tab., 2-3 times a day. (himalaya)

Ischaemic heart disease

- Abana tablets. 1-2 tab., 2-3 times a day. (himalaya)

Itch

- Sarasa syrup. Adults : 1 TSF, with water, 2 times a day after meals.
Children : 1/2 TSF, with water, 2 times a day after meals. (imis)

Jaundice

- Hepjaun tablets. 1-2 tab., 3 times a day. (phyto pharma)
- Imidige syrup. Adults : 1-2 TSF, 2 times a day. Children : 1/2-1 TSF, 2 times a day. (imis)
- Jaundex syrup. (sandu)
- Livina syrup. 1-2 TSF, 2 times a day before principal meals. (dey's)
- Livlon forte syrup. Adults : 2 TSF, 2 times a day. Children : 1/2-1 TSF, 2 times a day. (imis)
- Livomap tablets / syrup / drops. 1-2 tab. / 1-2 TSF / 4-25 drops 2-3 times a day. (maharishi)
- Livomyn tablets. Adults : 2 tab., 2-3 times a day with water. Children : 1 tab., 2-3 times a day with water. (charak)
- Tonosil tablets. 1-2 tab., 2 times a day with warm water. (imis)

Jaundice, catarrhal

- Herbitars tablets and paediatric syrup. 2-3 tab., 2-3 times a day before meals for 1-3 weeks. Syrup 1-2 TSF 2-3 times a day. (J&J DeChane)
- Kynotomine tablets & syrup. Children : 1/2 tab., 3 times a day. 1-2 TSF syrup 2-3 times a day. Adults : 1 tab., 3 times a day. (J&J DeChane)

Jaundice, neonatal

- Livdap syrup / tablets. 2 TSF / 1-2 tab., 3 times a day (dap)

Joint pains

- Actiflex tablets. 2-3 tab., 3 times a day. (anuja)
- Arnopen liniment To be massaged over the affected areas. (phyto pharma)
- Dhaturuddhi tablets. 1 tab., with milk / butter, 2 times a day. (imis)
- Laxminarayan tail. For external use. (munnalal)
- Painoff oil for external application. (jain)
- Rheumartho tablets. 1-2 tab., 2 times a day with water (baidyanath)
- Rumaflex ointment. For external use, 2 times a day. (anuja)
- Rymanyl liniment / tablets Liniment should be applied locally over the affected area, spread evenly and rubbed gently 3-4 times a day or more as required It should not be used if the skin is broken or injured. Adults . 2 tab., 3 times a day. Children . 1 tab., 3 times a day. (charak)
- Vydactin capsules. 1-2 cap., 2 times a day. (imis)

Keratitis (adjunct)

- Itone eye drops 1-2 drops, 2-4 times a day. (dey's)

Kidney dysfunction

- Cystone tablets. 2-3 tab., 2-3 times a day. (himalaya)

Kidney stones

- Calcury tablets. 2 tab., 3-4 times a day. (charak)

Lactating mothers, nutritional deficiency in

- Hemocaps with saggron capsules. 1 cap., with a glass of warm milk at night. (fizikem)

Lactation

- Limiron capsules. 1-2 cap , 2 times a day before meals. (phyto pharma)
- Limiron granules. 1 TSF, 2 times a day (phyto pharma)
- Manoll tonic / tablets. Adults : 2 TSF / 2 tab., 2-3 times a day. Children Half the adult dose. (supportive) (charak)

Lactation, deficiency / absence / failure of

- Leptaden tablets 2 tab., 3 times a day. (alarsin)

Lactation, inadequate

- Galakol tablets. 2 tab., 4 times a day for 6 weeks followed by 2 tab., 3 times a day. (charak)
- Satavarex granules 1-2 TSF, 2 times a day with milk. (zandu)

Lactogenic tonics

- Milkotone tablets. 2 tab., 3 times a day. (anuja)

Laryngitis

- Cough syrup with tulsi. Adults : 2-3 TSF, 2-3 times a day. Children : 1 TSF, 2-3 times a day. (dap)
- Dekofcyn syrup. Adults : 1-2 TSF, 3 times a day. Children : 1/2-1 TSF, 3 times a day. (alarsin)
- Zefs cough syrup. 1/2-2 TSF, 2-3 times a day. (zandu)

Laxative (mild)

- Dinuja capsules. Adults : 2 cap , 2 times a day. Children : 1 cap., 2 times a day. (anuja)

Leg cramps (in diabetes)

- Losubit capsules. 2 cap., 2 times a day for 30 days. 1 cap., 3 times a day for 15 days. 1 cap., 3 times a day for an indefinite period. (anuja)

Leg cramps

- Rhumasyil oil / ointment. 2-3 ml. of oil / 1/4-1/2 inch of oint. is to be rubbed gently 2 times a day followed by hot water fomentation (zandu)
- Rhumayog with and without gold tablets. 2 tab., 3-4 times a day. (zandu)

Lenticular opacity (adjunct)

- Itone eye drops. 1-2 drops, 2-4 times a day. (dey's)

Leprosy

- Gandhaka rasayana tablets. 1 tab , 2 times a day with water before meals. (imis)

Leucoderma

- Pigmento tablets / ointment. Adults : 2-4 tab., 3 times a day. Children : 1-2 tab., 3 times a day. Ointment should be lightly applied as thin layer over depigmented patches, after covering the surrounding area with vaseline. The affected site should be exposed uniformly to morning sunlight for 5 minutes a day. The daily duration of exposure should be gradually increased so as to reach 20 continuous minutes by the end of two weeks, depending on response and tolerance of the patient. Curd, sour fruits, foods containing combinations of milk with jaggery and fruits should be avoided during and for 3 months after therapy.(charak)

Leucorrhoea

- Brahamdine tablets 1-2 tab., 2 times a day. (J&J DeChane)
- Femiplex tablets 2 tab., 3 times a day for 6 weeks. (charak)
- Femotone syrup. 2 TSF, 3 times a day before food with water. (fizikem)
- L tona tablets. 2 tab., 3 times a day, with milk for 2 weeks. (anuja)
- Leucomap tablet. 1-2 tab., 2 times a day (maharishi)
- Lucoja capsules. 1-2 cap., 3 times a day. (anuja)
- Lukol tablets. 2-3 tab., 2-3 times a day. (himalaya)
- Myron tablets. 2 tab , 3 times a day. (alarsin)
- Ovoutoline syrup / tablets. 1-2 TSF, 3 times a day. / 1-2 tab., 3 times a day. (zandu)
- Pradarantak tablets. 1-2 tab , 2 times a day with rice water. (baidyanath)
- Utrodap syrup. 2-4 TSF, 3 times a day with water before meals. (dap)

Leukoplakia

- G 32 tablets. 1-2 tab. to be crushed and massaged over gums, teeth and on the affected parts of the mouth with finger tip and is to be kept for 5 min. and rinsed with fresh water. May be repeated 2-3 times a day. (alarsin)

Libido, decreased

- Energol MA tablets. 2 tab., 2 times a day with water or milk (maharishi)
- Vigorex tablets. 1-2 tab., 2 times a day with milk. (zandu)

Libido, loss of (in females)

- Desirex capsules. 1-2 cap., 3 times a day for 4-6 weeks with warm milk. (anuja)

Libido, loss of

- Pallrywyn forte tablets. 1-2 tab., 2 times a day with milk for 8 weeks. (charak)
- Ozomen capsules. 2 cap., with warm milk or fruit juice, 2 hours before going to bed, for 40 days. (fizikem)

Liver cirrhosis

- Livomap tablets / syrup / drops. 1-2 tab. / 1-2 TSF / 4-25 drops 2-3 times a day. (maharishi)

Liver disorders

- Gastromone tablets. Children : 1/4-1/2 tab., 15 min. before or immediately after meals. Adults : 1-2 tab., 15 min before or immediately after meals. (J&J DeChane)
- Jaundex syrup. (sandu)
- Jaundisol syrup / tablets. 1-2 TSF / 1-2 tab., 2-3 times a day. (baidyanath)
- Livomyn tablets. Adults : 2 tab., 2-3 times a day with water. Children : 1 tab., 2-3 times a day with water. (charak)

Liver dysfunction

- Livina syrup. 1-2 TSF, 2 times a day before principal meals. (dey's)
- Livotrit tablets / liquid. 2 tab., 2-3 times a day / 1-2 TSF, 3 times a day with water and glucose. (zandu)

Liver tonics (infants & children)

- Livotrit pediatric syrup. 1/2-1 TSF, 3 times a day with water and glucose. (zandu)

Liver, enlarged & fatty

- Livotrit tablets / liquid. 2 tab., 2-3 times a day / 1-2 TSF, 3 times a day with water and glucose. (zandu)

Liver, enlargement of

- Actilivforte tablets / syrup / drops. Children : 1 tab. / 1 TSF, 2-3 times a day. Adults : 2 tab. / 1-2 TSF, 2-3 times a day. Infants : 4-5 drops 3-4 times a day. (anuja)
- Liv.52 drops / syrup / tablets. 5-160 drops 3 times a day. / 1/2-1 1/2 TSF, 2 times a day. / 1-3 tab., 3-4 times a day. (himalaya)
- Livdap syrup / tablets. 2 TSF / 1-2 tab., 3 times a day (dap)
- Livlon forte syrup. Adults : 2 TSF, 2 times a day. Children : 1/2-1 TSF 2 times a day. (imis)
- Livlon tablets. 2 tab., 2 times a day with water. (imis)

Liver, fatty infiltration of

- Livomyn drops. Children : 10-20 drops 3-4 times a day. Infants : 5-10 drops 3-4 times a day. (charak)

Liver, hypofunction of

- Mersina tablets. 2-4 tab., 3 times a day, 30 min. before meals.

Loose motions

- Mebarid syrup. Infants : half TSF 2-3 times a day. Children : 1 TSF 2-3 times a day. (phyto pharma)
- Pudín hara pellets. (dabur)

Low back pain

- Arnopen capsules. 2 cap., 2 times a day. (phyto pharma)
- Rymanyl liniment / tablets. Liniment should be applied locally over the affected area, spread evenly and rubbed gently 3-4 times a day or more as required. It should not be used if the skin is broken or injured. Adults : 2 tab., 3 times a day. Children : 1 tab., 3 times a day. (charak)
- Traquinyl forte tablets. Adults : 2-3 tab., 2-3 times a day. Children : 1 tab., 2-3 times a day. (charak)

Lumbago

- Actiflex tablets. 2-3 tab., 3 times a day. (anuja)
- Arnopen capsules. 2 cap., 2 times a day. (phyto pharma)
- Arnopen liniment. To be massaged over the affected areas. (phyto pharma)
- Rhumasyil oil / ointment. 2-3 ml. of oil / 1/4-1/2 inch of oint. is to be rubbed gently 2 times a day followed by hot water fomentation (zandu)
- Rhumayog with and without gold tablets. 2 tab., 3-4 times a day. (zandu)
- Rumaflex capsules. 2 cap., 3 times a day for 6 months. Then, 1 cap., 2 times a day as maintenance dose. (anuja)

Lumbar spondylosis

- Rumalaya cream / tablets. Cream is to be used externally 2 times a day with hot fomentations. / 1-2 tab., 2-3 times a day. Contraindication : pregnancy. (himalaya)
- Rymanyl liniment / tablets. Liniment should be applied locally over the affected area, spread evenly and rubbed gently 3-4 times a day or more as required. It should not be used if the skin is broken or injured. Adults : 2 tab., 3 times a day. (charak)

Malabsorption syndrome

- Diameba capsules. Adults : 2 cap., 3 times a day. Children : 1 cap., 3 times a day. (anuja)
- Dymobik capsules. Adults : 2 cap., 3 times a day. Children : 1 cap., 3 times a day. (anuja)

Malarial fever

- Feronil tablets. Adults : 2-3 tab., 2 times a day. Children : 1-2 tab., 2 times a day. (anuja)

- Chirakin tablets 1/2-2 tab , 3 times a day with hot water for 4-7 days. (zandu)

Male infertility due to oligozoospermia

- Speman tablets. 2 tab., 2-3 times a day. (himalaya)

Malice

- Triver capsules. Adults : 1-2 cap., 3 times a day. Children : 1 cap., 3 times a day (anuja)

Malnutrition (adjuvant)

- Liv.52 drops / syrup / tablets 5-160 drops 3 times a day. / 1/2-1 1/2 TSF, 2 times a day. / 1-3 tab., 3-4 times a day. (himalaya)
- Alpitone syrup 1 TSF, 2 times a day before meals. (zandu)
- Livomyn drops. Children . 10-20 drops 3-4 times a day. Infants : 5-10 drops 3-4 times a day. (charak)
- Manoll tonic / tablets. Adults : 2 TSF / 2 tab., 2-3 times a day. Children Half the adult dose (supportive) (charak)

Malnutrition, protein calorie (infants & children)

- Livotrit pediatric syrup. 1/2-1 TSF, 3 times a day with water and glucose. (zandu)

Mastoiditis

- Septilin syrup / tablets. 1/4-2 TSF, 2-3 times a day. / 2 tab., 2-3 times a day. (himalaya)

Masturbation

- Acti forte tablets / syrup. Adults : 1-2 tab. / 2-3 TSF, 2 times a day. Children : 1 tab. / 1-2 TSF, 2 times a day. (anuja)

Masturbation, habitual

- Speman forte tablets. 1-2 tab., 2-3 times a day. (himalaya)

Memory boosters

- Bivita tablets. Adults . 1-2 tab , 2 times a day with hot milk. Children : 1 tab., 2 times a day with warm milk (dap)
- Brahmivita granules: Adults : 1-2 TSF, 2 times a day, with hot milk. Children : 1/2-1 TSF, 2 times a day with hot milk. (dap)
- Brain vita powder / capsules. 1/2-1 TSF, 2 times a day with a cup of milk before food / 1-2 cap., 2 times a day with water or milk. (munlal)
- Braintab tablets. 1-2 tab., 2 times a day with milk. (baidyanath)
- Memorex tablets. 1-2 tab., 2 times a day with water. (baidyanath)
- Sankha pushpi syrup. 2-3 TSF, 2 times a day. (baidyanath)
- Tej ras' syrup. (santu)
- Vidyarthi amrit syrup. 1-2 TSF, 2 times a day. (maharishi)

Memory disturbances

- Mentat syrup / tablets. 1/2-1 TSF, 2 times a day. / 2 tab., 2 times a day. (himalaya)

Memory, loss of

- Brento tablets / liquid. 1-2 tab , 3 times a day. / 1-2 TSF, 3 times a day. (zandu)

- Dimag dosha hari tablets. 1-2 tab., 2 times a day with milk. (baidyanath)

Memory, to improve

- Ajin capsules. Adults : 2 cap , 2 times a day. Children : 1 cap., 2 times a day. (anuja)

Memory, weak

- Brento tablets / liquid. 1-2 tab., 3 times a day. / 1-2 TSF, 3 times a day. (zandu)

Menarche, delayed

- Aloes compound tablets 2 tab , 2-3 times a day. (alarsin)

Menopausal disorders

- Ovoutoline syrup / tablets. 1-2 TSF, 3 times a day / 1-2 tab , 3 times a day. (zandu)

Menopausal disturbances

- Vigoroyal F tablets. 1-2 tab., 2 times a day. (maharishi)
- M2-tone syrup. 1-2 TSF, 3 times a day for 3-6 cycles. (charak)

Menopausal syndrome

- Restone tablets / syrup. 1-2 tab. / 1-2 TSF, 2 times a day after meals. (maharishi)

Menorrhagia

- Femotone syrup. 2 TSF, 3 times a day before food with water. (fizikem)
- Gynocalm syrup. 2 TSF, 2-3 times a day (imis)
- L tona tablets. 2 tab., 3 times a day, with milk for 2 weeks. (anuja)
- Myrkap capsules. 1-2 cap., 3 times a day. (zandu)
- Ovoutoline syrup / tablets. 1-2 TSF, 3 times a day. / 1-2 tab., 3 times a day. (zandu)
- Posex forte tablets. 2-3 tab., 3 times a day, up to a maximum of 12 tab. in 24 hours, till bleeding stops. (charak)
- Utrodap syrup. 2-4 TSF, 3 times a day with water before meals. (dap)

Menorrhoea, functional

- Lucoja capsules. 1-2 cap., 3 times a day. (anuja)

Menses, irregular / scanty

- Aloes compound tablets. 2 tab., 2-3 times a day. (alarsin)

Menstrual cycle, to regulate

- Gynocalm syrup. 2 TSF, 2-3 times a day. (imis).

Menstrual disorders

- Aloes compound tablets. 2 tab., 2-3 times a day. (alarsin)
- Ashoka compound liquid (sandu)

Menstrual irregularities

- Ovoutoline syrup / tablets. 1-2 TSF, 3 times a day. / 1-2 tab., 3 times a day. (zandu)
- Leucomap tablet. 1-2 tab., 2 times a day. (maharishi)
- Femotone syrup. 2 TSF, 3 times a day before food with water. (fizikem)
- Lukol tablets. 2-3 tab., 2-3 times a day. (himalaya)
- Ovoutoline syrup / tablets. 1-2 TSF, 3 times a day. / 1-2 tab., 3 times a

day (zandu)

Menstruation, painful

- Femotone syrup 2 TSF, 3 times a day before food with water. (fizikem)
- Ovoutoline syrup / tablets. 1-2 TSF, 3 times a day. / 1-2 tab., 3 times a day. (zandu)

Mental debility

- Brento tablets / liquid. 1-2 tab, 3 times a day. / 1-2 TSF, 3 times a day. (zandu)

Mental disorders

- Dimag dosha harī tablets. 1-2 tab., 2 times a day with milk. (baidyanath)

Mental fatigue

- Memerin capsules 1 cap., 2 times a day. (phyto pharma)
- Memerin syrup 1 TSF, 2-3 times a day. (phyto pharma)

Mental irritability

- Memerin capsules. 1 cap., 2 times a day. (phyto pharma)

Mental retardation

- Mentat syrup / tablets. 1/2-1 TSF, 2 times a day. / 2 tab, 2 times a day. (himalaya)

Mental strain

- Nevoss tablets. Children : 1/4-1/2 tab., every 4 hours. Adults 1-2 tab., every 3-4 hours in a day (J&J DeChane)

Mental stress

- Imis tonic compound. 2 TSF, 2 times a day after meals. (imis)

Mental weakness

- Super sarpa tablets. 1-2 tab., 2 times a day. (anuja)

Metabolism, to tone up

- Livomyn syrup. Adults . 1-2 TSF, 3 times a day Children : 1/2-1 TSF, 3 times a day Infants : 1/4-1/2 TSF, 3 times a day, with milk / water. (supportive) (charak)

Metrorrhagia

- Gynocalm syrup. 2 TSF, 2-3 times a day (imis)
- Myrkap capsules. 1-2 cap., 3 times a day (zandu)
- Posex forte tablets. 2-3 tab., 3 times a day, up to a maximum of 12 tab. in 24 hours, till bleeding stops. (charak)

Micturition, burning

- Oruclyn tablets Adults : 2 tab., 2-3 times a day. Children : 1 tab., 2-3 times a day. (charak)

Micturition, difficult

- Turai-co tablets. 1-2 tab., 3 times a day. (J&J DeChane)

Micturition, frequent

- Oruclyn tablets. Adults : 2 tab., 2-3 times a day. Children : 1 tab., 2-3 times a day. (charak)

Micturition, painful

- Turai-co tablets. 1-2 tab., 3 times a day. (J&J DeChane)

Migraine

- Rumaflex ointment. For external use, 2 times a day. (anuja)

Migraine syndrome

- Cephagraine tablets / nasal drops. 2 tab., orally and 2 drops instilled in each nostril 1 hour before sunrise and repeated whenever an attack is impending. (charak)

Mile stones, delayed

- Livomyn drops. Children : 10-20 drops 3-4 times a day. Infants : 5-10 drops 3-4 times a day. (charak)
- Livo drops. Children : 10-20 drops 3 times a day. Infants . 5-10 drops 3 times a day. (fizikem)

Mouth freshners

- Kanth sudha pills. 2-3 pills to be chewed with betel leaf or as it is. (maharishi)

Muscle spasms

- Rhumayog with and without gold tablets. 2 tab., 3-4 times a day. (zandu)

Muscular pain

- Rumaflex liniment. For external use, 2 times a day with hot fomentations. (anuja)
- Rumaflex ointment. For external use, 2 times a day. (anuja)
- Arnopen capsules. 2 cap., 2 times a day. (phyto pharma)
- Arnopen liniment. To be massaged over the affected areas. (phyto pharma)
- Rhumasyol oil / ointment. 2-3 ml. of oil / 1/4-1/2 inch of oint. is to be rubbed gently 2 times a day followed by hot water fomentation (zandu)

Muscular sprains

- Arnopen capsules. 2 cap., 2 times a day. (phyto pharma)

Musculo skeletal disorders

- Rumadap oil / tablets. Oil for external use / Tablets : 1-2 tab., 3 times a day (dap)
- Rumaflex capsules. 2 cap., 3 times a day for 6 months. Then, 1 cap., 2 times a day as maintenance dose. (anuja)

Musculo skeletal pains

- Rheuma oil. to be rubbed and hot fomentation is to be applied. (baidyanath)
- Rhumayog with and without gold tablets. 2 tab., 3-4 times a day. (zandu)

Myalgia

- Arnopen liniment. To be massaged over the affected areas. (phyto pharma)
- Palsinuron capsules. 1 cap., 2-3 times a day. (phyto pharma)
- Rhumasyol oil / ointment. 2-3 ml. of oil / 1/4-1/2 inch of oint. is to be rubbed gently 2 times a day followed by hot water fomentation (zandu)

Myopia (adjunct)

- Itone eye drops. 1-2 drops, 2-4 times a day. (dey's)

Nasal catarrh

- Septilin syrup / tablets. 1/4-2 TSF, 2-3 times a day. / 2 tab., 2-3 times a day (himalaya)

Nasal congestion

- Corazan capsules. 1-2 cap., 2-3 times a day. (zandu)
- Nilsin capsules. 1-2 cap., 3 times a day. (phyto pharma)
- Prandhara drops. 2-3 drops, 2-3 times in form of topical application / steam inhalation / oral route. (maharishi)

Naso respiratory allergy

- Zefs cough syrup. 1/2-2 TSF, 2-3 times a day. (zandu)

Nausea

- Gasex tablets. 2-3 tab., 2-3 times a day, to be chewed after food (himalaya)
- Gasrex capsules. Adults : 2 cap., 1-5 times in a day. Children : 1 cap., after meals. (anuja)
- Prandhara drops. 2-3 drops, 2-3 times in form of topical application / steam inhalation / oral route (maharishi)

Nausea and vomiting in pregnancy

- Vomiteb syrup / tablets. 2 TSF / 2 tab., 3-4 times a day / more frequently if required. (charak)

Neonatal hepatitis

- Livotrit pediatric syrup. 1/2-1 TSF, 3 times a day with water and glucose. (zandu)

Neonatal jaundice

- Livotrit pediatric syrup. 1/2-1 TSF, 3 times a day with water and glucose. (zandu)

Nephritis

- Aluretic tablets. 1-2 tab., 2-3 times a day. (alarsin)
- Oruclyn tablets. Adults : 2 tab., 2-3 times a day. Children : 1 tab., 2-3 times a day. (supportive) (charak)

Nephrotic syndrome

- Cystone tablets. 2-3 tab., 2-3 times a day. (himalaya)

Nerve tonics

- Ajin capsules. Adults : 2 cap., 2 times a day. Children : 1 cap., 2 times a day. (anuja)
- Badam tail. 1-2 TSF, with milk. Also used externally for application to head. (baidyanath)
- Brento tablets / liquid. 1-2 tab., 3 times a day. / 1-2 TSF, 3 times a day. (zandu)
- Chyavanyog. 5-10 gms 2 times a day with milk. (dap)

Nervous tension

- Serpina tablets. 1/2-3 tab., 1-3 times a day. (himalaya)
- Vitesson tablets. Children : 1/4-1/2 tab., 3 times a day. Adults : 1-2 tab., 3 times a day. (J&J DeChane)

Nervous weakness

- Nevoss tablets. Children : 1/4-1/2 tab., every 4 hours. Adults : 1-2 tab., every 3-4 hours in a day. (J&J DeChane)

Nervousness

- Jessica tablets. 1 tab., 2 times a day. (imis)

Neuralgia

- Arnopen liniment. To be massaged over the affected areas. (phyto pharma)
- Palsinuron capsules. 1 cap., 2-3 times a day. (phyto pharma)
- Rhumasy oil / ointment. 2-3 ml. of oil / 1/4-1/2 inch of oint. is to be rubbed gently 2 times a day followed by hot water fomentation (zandu)
- Rumaflex liniment. For external use, 2 times a day with hot foment. (anuja)
- Rumalaya cream / tablets. Cream is to be used externally 2 times a day with hot fomentations. / 1-2 tab., 2-3 times a day. Contraindication : pregnancy. (himalaya)

Neurasthenia

- Palsinuron capsules. 1 cap., 2-3 times a day. (phyto pharma)

Neuritis

- Actiflex tablets. 2-3 tab., 3 times a day. (anuja)
- Rumaflex capsules. 2 cap., 3 times a day for 6 months. Then, 1 cap., 2 times a day as maintenance dose. (anuja)
- Rumaflex liniment. For external use, 2 times a day with hot foment. (anuja)
- Rumalaya cream / tablets. Cream is to be used externally 2 times a day with hot fomentations. / 1-2 tab., 2-3 times a day. Contraindication : pregnancy. (himalaya)

Neuro muscular disorders

- Palsinuron capsules. 1 cap., 2-3 times a day. (phyto pharma)

Neurodermatitis

- Skion ointment. For external use, 3 times a day. (anuja)

Neurosis

- Siledin tablets. 1-2 tab., 2-3 times a day. (alarsin)

Nocturnal emissions

- Energol MA tablets. 2 tab., 2 times a day with water or milk (maharishi)
- Fortege tablets. 1-2 tab., 2-3 times a day. (alarsin)
- Acti forte tablets / syrup. Adults : 1-2 tab. / 2-3 TSF, 2 times a day. Children : 1 tab. / 1-2 TSF, 2 times a day. (anuja)
- Ajin capsules. Adults : 2 cap., 2 times a day. Children : 1 cap., 2 times a day. (anuja)
- Neo tablets. Adults : 2 tab., 3 times a day for 6-8 weeks. Children : 1 tab., 3 times a day for 4-6 weeks. (charak)
- Speman forte tablets. 1-2 tab., 2-3 times a day. (himalaya)

Nocturnal enuresis

- Neo tablets Children : 1 tab., 3 times a day for 4-6 weeks. (charak)

NSAID therapy (adjuvant)

- Pirant tablets / oil. 2 tab., 2-3 times a day after meal. Oil to be rubbed over the affected area. (maharishi)

Nutritional deficiency in pregnancy

- Hemocaps with saggon capsules. 1 cap., with a glass of warm milk at night. (fizikem)

Nutritive tonics

- Satavarex granules. 1-2 TSF, 2 times a day with milk. (zandu)

Obesity

- Decrin capsules 2 cap., 3 times a day for 2 months followed by 2 cap., 2 times a day for 3-4 months. (phyto pharma)
- Lipidsol capsules. Adults : 2-3 cap., 2 times a day. Children : 1-2 cap., 2 times a day. (anuja)
- Myron tablets. 2 tab., 3 times a day. (alarsin)
- Obenyl tablets. Adults : 2 tab., 2-3 times a day for a minimum of 12 weeks. Contraindicated in pregnancy. Children : 1 tab., 2-3 times a day along with diet control and exercise. The drug should not be taken on an empty stomach. (charak)
- Obex tablets. 2 tab., 2 times a day with water before meals. (balaji)

Oedema, mild to moderate

- Aluretic tablets. 1-2 tab., 2-3 times a day. (alarsin)

Oesinophilia

- Esinophal tablets. 1 tab., 2 times a day with hot water. (imis)

Oligomenorrhoea

- Lunarex forte tablets 2 tab., 3 times a day to be started a week before expected date of menstruation. Should be discontinued during menstruation and repeated in each cycle till regular rhythm is restored. (charak)
- M2-tone syrup. 1-2 TSF, 3 times a day for 3-6 cycles. (charak)

Oligospermia

- Addyzoa tablets. 2 tab., 2-3 times a day till conception. (charak)
- Dhatuvruddhi tablets. 1 tab., with milk / butter, 2 times a day. (imis)
- Fortege tablets. 1-2 tab., 2-3 times a day. (alarsin)
- Ozomen capsules. 2 cap., with warm milk or fruit juice, 2 hours before going to bed, for 40 days. (fizikem)

Oral trauma

- G 32 tablets. 1-2 tab. to be crushed and massaged over gums, teeth and on the affected parts of the mouth with finger tip and is to be kept for 5 min. and rinsed with fresh water. May be repeated 2-3 times a day. (alarsin)

Oral ulcers

- Manoll tonic / tablets Adults : 2 TSF / 2 tab., 2-3 times a day Children

: Half the adult dose. (supportive) (charak)

Osteo arthritis

- Actiflex tablets. 2-3 tab., 3 times a day. (anuja)
- Rumadap oil / tablets. Oil for external use / Tablets : 1-2 tab., 3 times a day (dap)
- Rumaflex capsules. 2 cap., 3 times a day for 6 months. Then, 1 cap., 2 times a day as maintenance dose. (anuja)
- Rumalaya cream / tablets. Cream is to be used externally 2 times a day with hot fomentations. / 1-2 tab., 2-3 times a day. Contraindication : pregnancy. (himalaya)
- Pirant tablets / oil. 2 tab., 2-3 times a day after meal Oil to be rubbed over the affected area. (maharishi)

Osteo malacia

- Ossigen capsules. 2 cap , 2 times a day. (phyto pharma)

Osteo porosis

- Ossigen capsules. 2 cap., 2 times a day. (phyto pharma)

Otorrhoea

- Septilin syrup / tablets. 1/4-2 TSF, 2-3 times a day. / 2 tab., 2-3 times a day. (himalaya)

Ovaritis

- Ovoutoline syrup / tablets. 1-2 TSF, 3 times a day / 1-2 tab., 3 times a day. (zandu)

Overwork

- Vigoroll jelly. 1 TSF, 2 times a day (charak)

Pains

- Sapta guna tail. For external use. (baidyanath)
- Painoff tablets. 1-2 tab., 3 times a day. (jain)

Palpitation

- Arjunin tablets. 2 tab., 2-3 times a day. (charak)
- Dhatuṛuddhi tablets 1 tab., with milk / butter, 2 times a day (imis)
- Grandi-Co tablets. 1-2 tab., 3 times a day. (J&J DeChane)

Paralysis

- Palsinuron capsules 1 cap , 2-3 times a day. (phyto pharma)
- Vydactin capsules. 1-2 cap , 2 times a day. (imis)

Paresis

- Chesol oil. For external application. (J&J DeChane)

Pediatric tonics

- Janma ghunti drops. 7-30 drops 2 times a day with warm water. (baidyanath)

Peptic ulcer syndrome

- Amlant tablets. 1-2 tab., 2 times a day after meals. (maharishi)

Peptic ulcer

- Sooktyn tablets. 2 tab., 3-4 times a day between or after meals. (alarsin)

Petitmal

- Ned forte tablets. Adults : 2 tab., 3 times a day. Children : 1 tab., 3 times a day (charak)

Pharyngitis

- Dekofcyn syrup. Adults : 1-2 TSF, 3 times a day. Children : 1/2-1 TSF, 3 times a day. (alarsin)
- G 32 tablets. 1-2 tab. to be crushed and massaged over gums, teeth and on the affected parts of the mouth with finger tip and is to be kept for 5 min. and rinsed with fresh water. May be repeated 2-3 times a day. (alarsin)

Physical strain

- Nevoss tablets. Children : 1/4-1/2 tab., every 4 hours. Adults : 1-2 tab., every 3-4 hours in a day. (J&J DeChane)

Piles

- Bilvavaleha jelly. (sandu)
- Kandamula rasayana tablets. 6 tab., 2 times a day with buttermilk. (imis)
- Pilex ointment / tablets. Oint. to be applied locally 1-2 times a day before and after evacuation. / 2-3 tab., 2-3 times a day after meals. (himalaya)
- Piroids tablets. 1-2 tab., 2 times a day. (baidyanath)

Piles, bleeding

- Ayapon tablets. 2 tab., 3-4 times a day. (alarsin)
- Recta kare tablets. 2-3 tab., 2-3 times a day, after meals. (anuja)

Piles, external

- Sunarin capsules. 1 cap., 3-4 times a day. (phyto pharma)

Piles, internal

- Sunarin capsules. 1 cap , 3-4 times a day. (phyto pharma)

Piles, internal/external

- Arshonyt forte tablets / ointment. 2 tab., 3-4 times a day for 10 days followed by 1 tab., 3 times a day for 6 weeks Ointment should be applied before and after each defaecation or more often in required. (charak)

Piles, non bleeding

- Recta kare tablets. 2-3 tab., 2-3 times a day, after meals. (anuja)

Pimples

- Hemojas tablets / syrup. Adults : 2-3 tab. / 2-3 TSF, 2-3 times a day. Children : 1-2 tab. / 1-2 TSF, 2-3 times a day. (anuja)
- Skinelle tablets / cream. 2 tab., 2-3 times a day with water. Cream to applied externally 2 times a day. (charak)

Placental insufficiency

- Gestone palatable jelly. 2-3 TSF, 2-3 times a day followed by milk or water. (zandu)

Pleuritic cough

- Kasmin V syrup. 1-2 TSF, 3 times a day. (maharishi)

Pneumonia

- Cough syrup with tulsi. Adults : 2-3 TSF, 2-3 times a day. Children : 1 TSF, 2-3 times a day. (dap)

Poly urea

- Dhatuvruddhi tablets. 1 tab., with milk / butter, 2 times a day. (imis)

Polymenorrhoea

- Myrkap capsules. 1-2 cap., 3 times a day. (zandu)

Post delivery aches and pains

- Rhumasyil oil / ointment. 2-3 ml. of oil / 1/4-1/2 inch of oint. is to be rubbed gently 2 times a day followed by hot water fomentation (zandu)

Post delivery pelvic aches and pains

- Rhumayog with and without gold tablets. 2 tab., 3-4 times a day. (zandu)

Post influenzal cough

- Kasmin P syrup. 1-2 TSF, 3 times a day. (maharishi)

Post myocardial infarction

- Abana tablets. 1-2 tab., 2-3 times a day. (himalaya)

Post operative haemorrhage

- Styplon tablets. 2-3 tab., 3 times a day. (himalaya)

Post oral surgery

- G 32 tablets. 1-2 tab. to be crushed and massaged over gums, teeth and on the affected parts of the mouth with finger tip and is to be kept for 5 min. and rinsed with fresh water. May be repeated 2-3 times a day. (alarsin)

Post partum bleeding

- Posex forte tablets. 2-3 tab., 3 times a day, up to a maximum of 12 tab. in 24 hours, till bleeding stops. (charak)

Post partum complications

- Myrkap capsules. 1-2 cap., 3 times a day. (zandu)

Post vaccinal cough

- Kasmin P syrup. 1-2 TSF, 3 times a day. (maharishi)

Post vasectomy syndrome

- Addyzoa tablets. 2 tab., 2-3 times a day till vitality restores. (charak)

Post-menopausal syndrome

- Geriforte syrup / tablets. 1 TSF, 2-3 times a day. / 2 tab., 2-3 times a day. (himalaya)

Pre cirrhotic condition (infants & children)

- Livotrit.pediatric syrup. 1/2-1 TSF, 3 times a day with water and glucose. (zandu)

Pre eclampisa

- Gestone palatable jelly. 2-3 TSF, 2-3 times a day followed by milk or water. (zandu)

Precirrhotic liver

- Livina syrup 1-2 TSF, 2 times a day before principal meals. (dey's)

Pregnancy

- Limiron capsules. 1-2 cap, 2 times a day before meals. (phyto pharma)
- Limiron granules. 1 TSF, 2 times a day. (phyto pharma)
- Manoll tonic / tablets. Adults : 2 TSF / 2 tab., 2-3 times a day Children : Half the adult dose. (supportive) (charak)

Pregnancy prophylactic tonics

- Preg utero syrup. (sandu)

Anti natal care

- Preg utero syrup. (sandu)

Lactation, inadequate

- Shatavari kalpa granules (sandu)

Pregnancy, high risk

- Gestone palatable jelly. 2-3 TSF, 2-3 times a day followed by milk or water. (zandu)

Premanopausal bleeding

- Posex forte tablets 2-3 tab., 3 times a day, up to a maximum of 12 tab in 24 hours, till bleeding stops. (charak)

Premature ejaculation

- Acti forte tablets / syrup Adults : 1-2 tab / 2-3 TSF, 2 times a day. Children : 1 tab. / 1-2 TSF, 2 times a day. (anuja)
- Ajin capsules. Adults : 2 cap., 2 times a day. Children : 1 cap., 2 times a day. (anuja)
- Desirex capsules 1-2 cap, 3 times a day for 4-6 weeks with warm milk. (anuja)
- Neo tablets. Adults : 2 tab., 3 times a day for 6-8 weeks. Children : 1 tab., 3 times a day for 4-6 weeks. (charak)
- Ozomen capsules. 2 cap, with warm milk or fruit juice, 2 hours before going to bed, for 40 days (fizikem)
- Speman forte tablets. 1-2 tab., 2-3 times a day. (himalaya)

Premenopausal bleeding

- Myrkap capsules. 1-2 cap., 3 times a day. (zandu)

Premenstrual pain

- Gynocalm syrup. 2 TSF, 2-3 times a day. (imis)
- Lucoja capsules. 1-2 cap., 3 times a day (anuja)

Premenstrual tension

- Restone tablets / syrup. 1-2 tab. / 1-2 TSF, 2 times a day after meals. (maharishi)
- Traquinyi forte tablets. Adults : 2-3 tab., 2-3 times a day. Children : 1 tab., 2-3 times a day. (charak)

Prickly heat

- Purilla syrup. Adults : 2 TSF, 3 times a day Children : 1 TSF, 3 times a day with water. (charak)

Primary complex

- Dekofcyn tablets. 1/2-1 tab., 3-4 times a day. (alarsin)

Proctitis

- Pilex ointment / tablets. Oint to be applied locally 1-2 times a day before and after evacuation. / 2-3 tab., 2-3 times a day after meals (himalaya)

Productive cough

- Kasmin P syrup. 1-2 TSF, 3 times a day (maharishi)

Prostatic enlargement

- Speman tablets. 2 tab., 2-3 times a day. (himalaya)

Prostatic enlargement, benign

- Neo tablets Adults : 2 tab., 3 times a day for 6-8 weeks. Children : 1 tab., 3 times a day for 4-6 weeks. (charak)

Prostatic hypertrophy, benign

- Prostina capsules. 2 cap., 2 times a day (dey's)

Prostatic troubles

- Prostina capsules. 2 cap., 2 times a day. (dey's)

Prostatism

- Fortege tablets. 1-2 tab., 2-3 times a day (alarsin)

Prostatitis

- Fortege tablets 1-2 tab., 2-3 times a day. (alarsin)

Pruritus

- Hemojas tablets / syrup Adults 2-3 tab. / 2-3 TSF, 2-3 times a day Children : 1-2 tab. / 1-2 TSF, 2-3 times a day (anuja)
- Pamarin tablets 1-2 tab , 2 times a day with honey. (imis)
- Purilla syrup. Adults : 2 TSF, 3 times a day. Children : 1 TSF, 3 times a day with water. (charak)
- Skion ointment. For external use, 3 times a day. (anuja)
- Urtiplex tablets. Adults . 2 tab., 3-4 times a day. Children : 1 tab., 3-4 times a day. (charak)

Pruritus vulvae

- Femiplex tablets. 2 tab., 3 times a day for 6 weeks. (charak)

Psoriasis

- Pigmento tablets / ointment. Adults : 2-4 tab., 3 times a day. Children : 1-2 tab., 3 times a day. Ointment should be lightly applied as thin layer over depigmented patches, after covering the surrounding area with vaseline. The affected site should be exposed uniformly to morning sunlight for 5 minutes a day. The daily duration of exposure should be gradually increased so as to reach 20 continuous minutes by the end of two weeks, depending on response and tolerance of the patient. Curd, sour fruits, foods containing combinations of milk with jaggery and fruits should be avoided during and for 3 months after therapy. (charak)

Psychiatric problems

- Mentat syrup / tablets. 1/2-1 TSF, 2 times a day. / 2 tab., 2 times a day. (himalaya)

Psycho somatic disorders

- Sedikare capsules. 1-2 cap., at bed time. (anuja)
- Vitesson tablets. Children : 1/4-1/2 tab., 3 times a day. Adults : 1-2 tab., 3 times a day. (J&J DeChane)

Ptyalism

- G 32 tablets. 1-2 tab. to be crushed and massaged over gums, teeth and on the affected parts of the mouth with finger tip and is to be kept for 5 min. and rinsed with fresh water. May be repeated 2-3 times a day. (alarsin)

Pulmonary disorders

- Ephenin tablets. (sandu)

Purpura

- Ayapon tablets. 2 tab , 3-4 times a day. (alarsin)

Pyelitis

- ● Oruclyn tablets Adults 2 tab., 2-3 times a day Children . 1 tab., 2-3 times a day. (supportive) (charak)

Pyoderma

- Rakta shodhan liquid / tablets. 2-4 TSF with water, 3 times a day / 1-2 tab., 2 times a day, with milk. (dap)
- Septilin syrup / tablets. 1/4-2 TSF, 2-3 times a day. / 2 tab., 2-3 times a day (himalaya)

Pyorrhoea

- Sarasa syrup. Adults : 1 TSF, with water, 2 times a day after meals. Children : 1/2 TSF, with water, 2 times a day after meals. (imis)

Pyrexia of unknown origin

- Curill syrup / tablets. Adults : 2-3 TSF / 2-3 tab., 3 times a day Children : 1 TSF / 1-2 tab , 3 times a day. Infants : 1/2 TSF, 3 times a day. To be continued for 7 days after symptoms have subsided. (charak)

Pyrexia of varied etiology

- Curill syrup / tablets. Adults : 2-3 TSF / 2-3 tab., 3 times a day. Children 1 TSF / 1-2 tab., 3 times a day Infants : 1/2 TSF, 3 times a day. To be continued for 7 days after symptoms have subsided. (charak)

Pyuria

- Oruclyn tablets. Adults . 2 tab., 2-3 times a day Children : 1 tab., 2-3 times a day. (charak)

Radiation sickness

- Vomiteb syrup / tablets. 2 TSF / 2 tab., 3-4 times a day / more frequently if required. (charak)

Rectal inflammation

- Sunarin capsules. 1 cap., 3-4 times a day. (phyto pharma)

Recurrent infections

- Septilin syrup / tablets. 1/4-2 TSF, 2-3 times a day. / 2 tab., 2-3 times a day. (himalaya)

Reflex dyspepsia

- Gasex tablets. 2-3 tab., 2-3 times a day, to be chewed after food (himalaya)

Rejuvenative tonics

- Shilajit capsules. 2 cap., 2 times a day with water. (baidyanath)
- Makarprash jelly. (sandu)

Renal calculus

- Stonvil capsules. 2 cap., 2 times a day for 3 weeks followed by 1 cap., 2 times a day for 6 weeks (phyto pharma)
- Pathrina tablets. 1-2 tab., 2 times a day with water. (baidyanath)

Renal colic, acute

- Cystone tablets. 2-3 tab., 2-3 times a day (himalaya)

Renal hypertension

- Grandi-Co tablets. 1-2 tab., 3 times a day. (J&J DeChane)

Renal insufficiency

- Aluretic tablets. 1-2 tab., 2-3 times a day. (alarsin)

Renal stones

- K4 tablets. 2 tab., 2 times a day with water or milk. (zandu)

Respiratory allergies

- Asthomap tablets. 1-2 tab., 3 times a day. (maharishi)

Respiratory congestion

- Corazan capsules. 1-2 cap., 2-3 times a day. (zandu)

Respiratory tonics

- Chyavanyog. 5-10 gms 2 times a day with milk. (dap)

Respiratory tract infections

- Swas kalpa tablets. 2 tab., 2-3 times a day (baidyanath)

Restlessness

- Vigoroll jelly. 1 TSF, 2 times a day. (charak)

Retarded growth

- Limiron capsules. 1-2 cap., 2 times a day before meals. (phyto pharma)
- Limiron granules. 1 TSF, 2 times a day. (phyto pharma)

Rheumatic arthritis

- Rhumayog with and without gold tablets. 2 tab., 3-4 times a day. (zandu)
- Rumadap oil / tablets. Oil for external use / Tablets : 1-2 tab., 3 times a day (dap)
- Rumaflax liniment. For external use, 2 times a day with hot fomentations. (anuja)
- Rumalaya cream / tablets. Cream is to be used externally 2 times a day with hot fomentations / 1-2 tab., 2-3 times a day. Contraindication
- pregnancy. (himalaya)

Rheumatic conditions

- Arnopen capsules. 2 cap., 2 times a day. (phyto pharma)
- Arnopen liniment. To be massaged over the affected areas. (phyto pharma)

Rheumatic diseases

- R-compound tablets. 2 tab., 2-3 times a day. (alarsin)

Rheumatic disorders

- Rumaflex ointment For external use, 2 times a day. (anuja)

Rheumatic pains

- Vydactin capsules. 1-2 cap., 2 times a day (imis)

Rheumatism

- Actiflex tablets. 2-3 tab., 3 times a day. (anuja)
- Chesol oil. For external application. (J&J DeChane)

Rheumatism, nonarticular

- Rumalaya cream / tablets Cream is to be used externally 2 times a day with hot fomentations. / 1-2 tab., 2-3 times a day Contraindication : pregnancy. (himalaya)

Rheumatoid arthritis

- Pirant tablets / oil. 2 tab., 2-3 times a day after meal. Oil to be rubbed over the affected area. (maharishi)
- Rhumayog with and without gold tablets. 2 tab., 3-4 times a day. (zandu)
- Rumadap oil / tablets. Oil for external use / Tablets : 1-2 tab., 3 times a day (dap)
- Rumaflex capsules. 2 cap., 3 times a day for 6 months. Then, 1 cap., 2 times a day as maintenance dose. (anuja)
- Rumalaya cream / tablets. Cream is to be used externally 2 times a day with hot fomentations / 1-2 tab., 2-3 times a day. Contraindication : pregnancy. (himalaya)
- Rymanyl liniment / tablets. Liniment should be applied locally over the affected area, spread evenly and rubbed gently 3-4 times a day or more as required. It should not be used if the skin is broken or injured. Adults : 2 tab., 3 times a day. Children : 1 tab., 3 times a day. (charak)

Rhinitis

- Dekofcyn syrup. Adults : 1-2 TSF, 3 times a day. Children : 1/2-1 TSF, 3 times a day. (alarsin)
- Esinophal tablets. 1 tab., 2 times a day with hot water. (imis)
- F-15 tablets Adults : 1 tab., 2-3 times a day with tulsi leaves. Children : 1/2 tab., 3 times a day with tulsi leaves. (dap)
- Nilsin capsules. 1-2 cap., 3 times a day. (phyto pharma)

Rhinopharyngitis

- Zefs cough syrup. 1/2-2 TSF, 2-3 times a day. (zandu)

Rickets

- Lal tail. For ext. application. (baidyanath)

- Limiron capsules. 1-2 cap., 2 times a day before meals. (phyto pharma)
- Limiron granules. 1 TSF, 2 times a day. (phyto pharma)

Ring worm

- Dermodap ointment. For external use. (dap)
- Sarasa syrup. Adults : 1 TSF, with water, 2 times a day after meals.
Children : 1/2 TSF, with water, 2 times a day after meals. (imis)

RTIs

- Desma tablets. Children : 1/2-1 tab., 3 times a day. Adults : 1-2 tab., 3-4 times a day. (J&J DeChane)
- Garlip tablets. 1-2 tab., 2-3 times a day after meals. (supportive) (phyto pharma)

Scabies

- Dermodap ointment. For external use. (dap)
- Hemojas tablets / syrup Adults : 2-3 tab. / 2-3 TSF, 2-3 times a day.
Children : 1-2 tab. / 1-2 TSF, 2-3 times a day. (anuja)
- Rakta shodhan liquid / tablets. 2-4 TSF with water, 3 times a day / 1-2 tab., 2 times a day, with milk. (dap)

Scalds

- Ripanto ointment For external application. (J&J DeChane)

Sciatica

- Actiflex tablets. 2-3 tab., 3 times a day. (anuja)
- Arnopen capsules. 2 cap., 2 times a day. (phyto pharma)
- Arnopen liniment. To be massaged over the affected areas (phyto pharma)
- Palsinuron capsules. 1 cap., 2-3 times a day. (phyto pharma)
- Pirant tablets / oil. 2 tab., 2-3 times a day after meal. Oil to be rubbed over the affected area. (maharishi)
- Rhumasy oil / ointment. 2-3 ml of oil / 1/4-1/2 inch of oint. is to be rubbed gently 2 times a day followed by hot water fomentation (zandu)
- Rhumayog with and without gold tablets. 2 tab., 3-4 times a day. (zandu)
- Rumaflex capsules 2 cap., 3 times a day for 6 months Then, 1 cap., 2 times a day as maintenance dose. (anuja)
- Rumaflex liniment. For external use, 2 times a day with hot fomentations. (anuja)
- Rumaflex ointment. For external use, 2 times a day. (anuja)
- Rumalaya cream / tablets. Cream is to be used externally 2 times a day with hot fomentations. / 1-2 tab., 2-3 times a day. Contraindication : pregnancy (himalaya)
- Vatrina tablets. 1 tab., 3 times a day with warm water. (baidyanath)

Scrotal swelling

- Gandhaka rasayana tablets. 1 tab., 2 times a day with water before meals. (imis)

Scurvy

- Imigrone-C syrup. 1-2 TSF, 3 times a day with water. (imis)

Seborrhoeic dermatoses

- Skion ointment. For external use, 3 times a day. (anuja)

Sedative, as a nervine

- Senzine tablets. 1 tab., 1 hour before food. (J&J DeChane)

Seizures, psychomotor

- Ned forte tablets. Adults : 2 tab., 3 times a day. Children : 1 tab., 3 times a day. (charak)

Seminal weakness

- Energol MA tablets. 2 tab., 2 times a day with water or milk (maharishi)
- Ozomen capsules. 2 cap., with warm milk or fruit juice, 2 hours before going to bed, for 40 days. (fizikem)

Senile sex aberrations

- Speman forte tablets. 1-2 tab., 2-3 times a day. (himalaya)

Senility, premature

- Pallrywyn forte tablets. 1-2 tab., 2 times a day with milk for 8 weeks. (charak)

Sexual desire, abnormal

- Nevoss tablets. Children : 1/4-1/2 tab., every 4 hours. Adults : 1-2 tab., every 3-4 hours in a day. (J&J DeChane)

Sexual desire, loss of

- Energol MA tablets. 2 tab., 2 times a day with water or milk (maharishi)

Sexual exhaustion

- Ozomen capsules. 2 cap., with warm milk or fruit juice, 2 hours before going to bed, for 40 days. (fizikem)

Sexual neurasthania

- Vigorex tablets. 1-2 tab., 2 times a day with milk. (zandu)

Sexual stimulants (males)

- Vimfix tablets. (sandu)

Sexual weakness (men)

- Himcolin cream. Cream is to be massaged 1-2 times a day, on the penis and pubic region and should not be washed immediately. Sexual intercourse is advised after one hour (himalaya)
- Tentex forte tablets. 2 tab., 2 times a day chewed and with milk or tea. Contra indication : Cardiac failure, Chronic renal diseases, Arterio-sclerosis. (himalaya)

Sexual weakness

- Vigorex tablets. 1-2 tab., 2 times a day with milk. (zandu)

Sinusitis

- Cephagrain tablets / nasal drops. 2 tab., 3 times a day orally and 2 drops instilled in each nostril every 2 hours for 7 days. The course may be repeated after a month. (charak)
- Corazan capsules. 1-2 cap., 2-3 times a day. (zandu)
- Dekofcyn syrup. Adults : 1-2 TSF, 3 times a day. Children : 1/2-1 TSF, 3 times a day. (alarsin)

- Nilsin capsules. 1-2 cap., 3 times a day. (phyto pharma)
- Prandhara drops. 2-3 drops, 2-3 times in form of topical application / steam inhalation / oral route. (maharishi)
- Septilin syrup / tablets. 1/4-2 TSF, 2-3 times a day. / 2 tab., 2-3 times a day. (himalaya)

Skin affections

- Iobine tablets. Children : 1/2 tab , 3 times a day. Adults : 1 tab., 3 times a day. (J&J DeChane)

Skin complexion, loss of

- Ritu herbal face mask. For external use. (munnalal)

Skin diseases

- Esinophal tablets. 1 tab., 2 times a day with hot water. (imis)
- Gandhaka rasayana tablets. 1 tab., 2 times a day with water before meals. (imis)
- Hemocleen syrup. (sandu)
- Kushta navnit jelly for ext. application. (sandu)

Skin eruptions

- Rakta shodhan liquid / tablets 2-4 TSF with water, 3 times a day / 1-2 tab , 2 times a day, with milk. (dap)
- Hemojas tablets / syrup. Adults . 2-3 tab / 2-3 TSF, 2-3 times a day. Children : 1-2 tab. / 1-2 TSF, 2-3 times a day (anuja)
- Sarpagandha tablets. 1 tab., 1-2 times a day. (baidyanath)

Skin patches

- Sarasa syrup. Adults : 1 TSF, with water, 2 times a day after meals. Children : 1/2 TSF, with water, 2 times a day after meals. (imis)

Skin rashes

- Skion ointment. For external use, 3 times a day. (anuja)

Skin rashes due to allergents

- Urtiplex tablets. Adults : 2 tab , 3-4 times a day. Children . 1 tab., 3-4 times a day. (charak)

Sleep, disturbed

- Siledin tablets 1-2 tab., 2-3 times a day. (alarsin)
- Bio-sal syrup. Infants : 1/2 TSF 2-3 times a day. Children : 1/2 to 2 TSF 2-3 times a day. (J&J DeChane)
- Siledin tablets. 1-2 tab., 2-3 times a day. (alarsin)
- Super sarpa tablets 1-2 tab , 2 times a day. (anuja)
- Vitesson tablets. Children : 1/4-1/2 tab., 3 times a day. Adults : 1-2 tab., 3 times a day. (J&J DeChane)

Sluggish liver

- Hepjaun tablets. 1-2 tab., 3 times a day. (phyto pharma)
- Livina syrup. 1-2 TSF, 2 times a day before principal meals. (dey's)

Smokers cough

- Kasmin P syrup. 1-2 TSF, 3 times a day. (maharishi)
- Zefs cough syrup. 1/2-2 TSF, 2-3 times a day. (zandu)

Sneezing

- Corazan capsules. 1-2 cap., 2-3 times a day. (zandu)
- Esinophal tablets. 1 tab., 2 times a day with hot water. (imis)

Soft tissue trauma

- R-compound tablets. 2 tab., 2-3 times a day. (alarsin)

Sore throat

- Dekofcyn syrup. Adults : 1-2 TSF, 3 times a day. Children : 1/2-1 TSF, 3 times a day. (alarsin)
- G 32 tablets. 1-2 tab. to be crushed and massaged over gums, teeth and on the affected parts of the mouth with finger tip and is to be kept for 5 min. and rinsed with fresh water. May be repeated 2-3 times a day. (alarsin)
- Herbodil cough syrup. 1-2 TSF, 3-4 times a day. (dey's)
- Kofol tablets. 1 tab. to be kept in mouth for every 3-4 hours. (charak)
- Nilsin capsules. 1-2 cap., 3 times a day. (phyto pharma)

Spasmodic cough

- Dangine tablets. Children : 1/4-1/2 tab., crushed and mixed with honey, for every 4 hours in a day. Adults : 1-2 tab., 3 times a day. (J&J DeChane)

Spasmodic pain

- Prandhara drops. 2-3 drops, 2-3 times in form of topical application / steam inhalation / oral route. (maharishi)

Spasms

- Rhumasy oil / ointment. 2-3 ml. of oil / 1/4-1/2 inch of oint. is to be rubbed gently 2 times a day followed by hot water fomentation (zandu)

Speech defects

- Mentat syrup / tablets. 1/2-1 TSF, 2 times a day. / 2 tab., 2 times a day. (himalaya)

Spermatogenetic tonics

- Vanari kalpa syrup. (sandu)

Spermatorrhoea

- Dhatuvruddhi tablets, 1 tab., with milk / butter, 2 times a day. (imis)
- Neo tablets. Adults : 2 tab., 3 times a day for 6-8 weeks. Children : 1 tab., 3 times a day for 4-6 weeks. (charak)
- Nevoss tablets. Children : 1/4-1/2 tab., every 4 hours. Adults : 1-2 tab., every 3-4 hours in a day. (J&J DeChane)
- Ozomen capsules. 2 cap., with warm milk or fruit juice, 2 hours before going to bed, for 40 days (fizikem)
- R&H tablets. 1 tab., 2 times a day. (imis)
- Speman forte tablets. 1-2 tab., 2-3 times a day. (himalaya)

Spleen, enlargement of

- Livdap syrup / tablets. 2 TSF / 1-2 tab., 3 times a day (dap)
- Livlon forte syrup. Adults : 2 TSF, 2 times a day. Children : 1/2-1 TSF, 2 times a day. (imis)
- Livlon tablets. 2 tab., 2 times a day with water. (imis)

Spondylitis

- Arnopen liniment. To be massaged over the affected areas. (phyto pharma)
- Rymanyl liniment / tablets. Liniment should be applied locally over the affected area, spread evenly and rubbed gently 3-4 times a day or more as required. It should not be used if the skin is broken or injured. Adults : 2 tab., 3 times a day (charak)

Spondylosis

- Arnopen capsules. 2 cap., 2 times a day. (phyto pharma)

Spotting associated with IUCDs

- Myrkap capsules. 1-2 cap., 3 times a day (zandu)

Sprains

- Baidynath pain balm. To be applied externally and rubbed. (baidyanath)
- Pirant tablets / oil. 2 tab., 2-3 times a day after meal. Oil to be rubbed over the affected area. (maharishi)
- R-compound tablets. 2 tab., 2-3 times a day. (alarsin)
- Rhumasy oil / ointment. 2-3 ml. of oil / 1/4-1/2 inch of oint. is to be rubbed gently 2 times a day followed by hot water fomentation (zandu)
- Rhumayog with and without gold tablets 2 tab., 3-4 times a day. (zandu)
- Rumaflex liniment. For external use, 2 times a day with hot fomentations (anuja)
- Rumalaya cream / tablets. Cream is to be used externally 2 times a day with hot fomentations. / 1-2 tab., 2-3 times a day. Contraindication . pregnancy. (himalaya)
- Rymanyl liniment / tablets Liniment should be applied locally over the affected area, spread evenly and rubbed gently 3-4 times a day or more as required. It should not be used if the skin is broken or injured. Adults : 2 tab., 3 times a day. Children : 1 tab., 3 times a day. (charak)

Sprue

- Bilvavaleha jelly. (sandu)
- Mebarid syrup. Infants : half TSF 2-3 times a day Children : 1 TSF 2-3 times a day. (phyto pharma)
- Mebarid tablets 1 tab., 3 times a day. (phyto pharma)

Stasis in rectal region

- Sunarin capsules. 1 cap., 3-4 times a day. (phyto pharma)

Steroidal and NSAID therapy (adjuvant)

- Amlant tablets. 1-2 tab , 2 times a day after meals (maharishi)

Stiff joints

- Chesol oil. For external application. (J&J DeChane)
- Rhumasy oil / ointment. 2-3 ml. of oil / 1/4-1/2 inch of oint is to be rubbed gently 2 times a day followed by hot water fomentation (zandu)

Stiff neck

- Rhumasy oil / ointment. 2-3 ml. of oil / 1/4-1/2 inch of oint is to be

rubbed gently 2 times a day followed by hot water fomentation (zandu)

Stiffness

- Rhumayog with and without gold tablets. 2 tab., 3-4 times a day. (zandu)

Stiffness of the body

- Palsinuron capsules. 1 cap., 2-3 times a day. (phyto pharma)

Stomach ache

- Bio-sal syrup. Infants : 1/2 TSF 2-3 times a day. Children : 1/2 to 2 TSF 2-3 times a day. (J&J DeChane)

Stomatitis

- G 32 tablets. 1-2 tab. to be crushed and massaged over gums, teeth and on the affected parts of the mouth with finger tip and is to be kept for 5 min and rinsed with fresh water. May be repeated 2-3 times a day. (alarsin)
- Manoll tonic / tablets. Adults : 2 TSF / 2 tab., 2-3 times a day. Children : Half the adult dose. (supportive) (charak)
- Sarasa syrup Adults : 1 TSF, with water, 2 times a day after meals Children : 1/2 TSF, with water, 2 times a day after meals. (imis)
- Tonosil tablets. 1-2 tab., 2 times a day with warm water. (imis)

Strain

- Rymanyi liniment / tablets. Liniment should be applied locally over the affected area, spread evenly and rubbed gently 3-4 times a day or more as required. It should not be used if the skin is broken or injured. Adults : 2 tab., 3 times a day. Children : 1 tab., 3 times a day. (charak)

Stress

- Imidge syrup. Adults : 1-2 TSF, 2 times a day. Children : 1/2-1 TSF, 2 times a day. (imis)
- Mentat syrup / tablets 1/2-1 TSF, 2 times a day. / 2 tab., 2 times a day. (himalaya)
- Trasina capsules. 1-2 cap., 2 times a day (dey's)

Strongyloidiasis

- Cruminnil syrup. Adults : 2-3 TSF, 3 times a day for 2-3 days. Children : Half the adult dose. (charak)

Sub mucous fibrosis

- G 32 tablets 1-2 tab. to be crushed and massaged over gums, teeth and on the affected parts of the mouth with finger tip and is to be kept for 5 min and rinsed with fresh water. May be repeated 2-3 times a day. (alarsin)

Sweating, excessive

- Imis tonic compound. 2 TSF, 2 times a day after meals. (imis)
- Nevoss tablets. Children : 1/4-1/2 tab., every 4 hours Adults : 1-2 tab., every 3-4 hours in a day. (J&J DeChane)

Synovitis, traumatic

- R-compound tablets 2 tab., 2-3 times a day. (alarsin)

Syphilitic syndrome

- Gandhaka rasayana tablets. 1 tab., 2 times a day with water before meals. (imis)

Tachycardias

- Abana tablets. 1-2 tab., 2-3 times a day. (himalaya)

Teeth, painful / shaky / aching / hyper sensitive / stained

- G 32 tablets. 1-2 tab. to be crushed and massaged over gums, teeth and on the affected parts of the mouth with finger tip and is to be kept for 5 min. and rinsed with fresh water. May be repeated 2-3 times a day. (alarsin)

Teething disorders

- Bio-sal syrup. Infants : 1/2 TSF 2-3 times a day. Children : 1/2 to 2 TSF 2-3 times a day. (J&J DeChane)

Temper tantrums

- Vidyarthi amrit syrup. 1-2 TSF, 2 times a day. (maharishi)

Tendinitis

- Arnopen capsules. 2 cap., 2 times a day. (phyto pharma)
- Arnopen liniment. To be massaged over the affected areas (phyto pharma)

Tension

- Siledin tablets. 1-2 tab., 2-3 times a day. (alarsin)

Tension headache

- Cephagraine tablets / nasal drops. 2 tab., 3 times a day orally and 2 drops instilled in each nostril every 2 hours for 7 days. The course may be repeated after a month (charak)

Thirst, excessive (in diabetes)

- Losubit capsules. 2 cap., 2 times a day for 30 days. 1 cap., 3 times a day for 15 days. 1 cap., 3 times a day for an indefinite period. (anuja)

Threatened abortion

- Gestone palatable jelly. 2-3 TSF, 2-3 times a day followed by milk or water. (zandu)
- Lukol tablets. 2-3 tab., 2-3 times a day. (himalaya)
- Lucoja capsules 1-2 cap., 3 times a day (anuja)

Thrombophlebitis

- Pilex ointment / tablets. Oint. to be applied locally 1-2 times a day before and after evacuation. / 2-3 tab , 2-3 times a day after meals. (himalaya)

Thyrotoxicosis

- Serpina tablets. 1/2-3 tab., 1-3 times a day. (himalaya)

Tiredness

- Vigorex tablets 1-2 tab., 2 times a day with milk. (zandu)

TM joint problems

- R-compound tablets. 2 tab , 2-3 times a day. (alarsin)

Tonsillitis

- Nakas syrup. 1 TSF, 2 times a day with water after meals (imis)
- Tonosil tablets. 1-2 tab., 2 times a day with warm water. (imis)
- Detonsy tablets / throat paint. 2 tab., 3 times a day for 7 days. Throat paint should be applied to the tonsils, 3-4 times a day with a clean swab. (charak)
- Dekofcyn syrup. Adults : 1-2 TSF, 3 times a day. Children : 1/2-1 TSF, 3 times a day (alarsin)
- Hemoplex tablets. Children : 1/4-1/2 tab., 3 times a day. Adults : 1-2 tab., 3 times a day. (J&J DeChane)
- Septilin syrup / tablets. 1/4-2 TSF, 2-3 times a day. / 2 tab., 2-3 times a day. (himalaya)
- Iobine tablets. Children : 1/2 tab., 3 times a day. Adults : 1 tab., 3 times a day. (J&J DeChane)

Tooth ache

- Gum-tone tooth powder. 1/2 TSF to be rubbed on gums and teeth regularly morning and evening with a finger or a soft brush (charak)
- Painoff oil for external application. (jain)
- Prandhara drops. 2-3 drops, 2-3 times in form of topical application / steam inhalation / oral route. (maharishi)

Topical eosinophilia

- Dekofcyn syrup. Adults : 1-2 TSF, 3 times a day. Children : 1/2-1 TSF, 3 times a day. (alarsin)

Tranquilisers

- Mruta sanjivini sura liquid. 1-2 TSF, 2 times a day with water (baidyanath)
- Sarpagandha tablets. 1 tab., 1-2 times a day. (baidyanath)
- Siledin tablets. 1-2 tab., 2-3 times a day. (alarsin)
- Magaj shuddhi oil for ext. use. (sandu)

Traumatic bleeding

- Styplon tablets. 2-3 tab., 3 times a day. (himalaya)

Travel sickness

- Vomiteb syrup / tablets. 2 TSF / 2 tab., 3-4 times a day / more frequently if required. (charak)

Tremors

- Nevoss tablets. Children : 1/4-1/2 tab., every 4 hours. Adults : 1-2 tab., every 3-4 hours in a day. (J&J DeChane)

Trench mouth

- G 32 tablets. 1-2 tab. to be crushed and massaged over gums, teeth and on the affected parts of the mouth with finger tip and is to be kept for 5 min. and rinsed with fresh water. May be repeated 2-3 times a day. (alarsin)

Trichomoniasis

- L tona tablets. 2 tab., 3 times a day, with milk for 2 weeks. (anuja)
- Lucoja capsules. 1-2 cap., 3 times a day. (anuja)

Trichuriasis

- Cruminill syrup. Adults : 2-3 TSF, 3 times a day for 2-3 days. Children : Half the adult dose (charak)

Trismus

- R-compound tablets. 2 tab., 2-3 times a day. (alarsin)

Tropical infantile cirrhosis of the liver

- Livotrit pediatric syrup. 1/2-1 TSF, 3 times a day with water and glucose. (zandu)

Tropical pulmonary eosinophilia

- Dekofcyn tablets. 1/2-1 tab , 3-4 times a day. (alarsin)

Tubercular cough

- Kasmin V syrup. 1-2 TSF, 3 times a day. (maharishi)
- Zefs cough syrup. 1/2-2 TSF, 2-3 times a day. (zandu)

Tuberculosis, pulmonary

- Dekofcyn syrup. Adults : 1-2 TSF, 3 times a day Children : 1/2-1 TSF, 3 times a day. (alarsin)

Typhoid fever

- Vydactin capsules 1-2 cap., 2 times a day. (imis)

Ulcer, duodenal

- Alsarex tablets. 2 tab., 2-3 times a day with a bland diet for 3-6 months. (charak)

Ulcer, gastric

- Alsarex tablets. 2 tab., 2-3 times a day with a bland diet for 3-6 months. (charak)

Ulcerative colitis

- Diameba capsules. Adults : 2 cap., 3 times a day. Children : 1 cap., 3 times a day. (anuja)
- Dymbik capsules. Adults : 2 cap., 3 times a day. Children : 1 cap., 3 times a day. (anuja)

Ulcerative colitis

- Intokam tablets / syrup Adults : 2 tab., 3 times a day / 1 TSF, 3-4 times a day. Children : 1 tab., 3 times a day. / 1-2 TSF, 3-4 times a day. (anuja)

Ulcers

- Hemoplex tablets. Children : 1/4-1/2 tab., 3 times a day. Adults : 1-2 tab , 3 times a day. (J&J DeChane)
- Ripanto ointment. For external application. (J&J DeChane)

Ulcers of the skin

- Herbo-Sulph tablets 1-2 tab., 3 times a day. Also can be applied externally by crushing in to powder and mixing with 5 parts of vaseline (J&J DeChane)
- Pamarin tablets. 1-2 tab., 2 times a day with honey. (imis)
- Sarasa syrup. Adults : 1 TSF, with water, 2 times a day after meals. Children : 1/2 TSF, with water, 2 times a day after meals. (imis)

Unsatisfactory sexual performance

- Vigorex tablets. 1-2 tab., 2 times a day with milk. (zandu)

Upper respiratory tract infections

- Dekofcyn syrup. Adults : 1-2 TSF, 3 times a day. Children : 1/2-1 TSF, 3 times a day. (alarsin)
- Septilin syrup / tablets. 1/4-2 TSF, 2-3 times a day. / 2 tab., 2-3 times a day. (himalaya)

Ureteritis

- Oruclyn tablets. Adults : 2 tab., 2-3 times a day. Children : 1 tab., 2-3 times a day. (supportive) (charak)
- Bangshil tablets. 2 tab., 2-4 times a day for 2-3 weeks. (alarsin)
- K4 tablets. 2 tab., 2 times a day with water or milk. (zandu)
- Oruclyn tablets. Adults : 2 tab., 2-3 times a day. Children : 1 tab., 2-3 times a day. (supportive) (charak)

Urinary calculus

- Pathrina tablets 1-2 tab., 2 times a day with water. (baidyanath)

Urinary stones

- Cystone tablets. 2-3 tab., 2-3 times a day. (himalaya)

Urinary tract infections

- K4 tablets. 2 tab., 2 times a day with water or milk. (zandu)
- Cystone tablets. 2-3 tab., 2-3 times a day. (himalaya)
- Oruclyn tablets. Adults : 2 tab., 2-3 times a day. Children : 1 tab., 2-3 times a day. (supportive) (charak)

Urination, excessive (in diabetes)

- Losubit capsules. 2 cap., 2 times a day for 30 days. 1 cap., 3 times a day for 15 days. 1 cap., 3 times a day for an indefinite period. (anuja)

Urination, frequent

- Nevoss tablets. Children : 1/4-1/2 tab., every 4 hours. Adults : 1-2 tab., every 3-4 hours in a day. (J&J DeChane)

Urolithiasis

- Calcury tablets. 2 tab., 3-4 times a day. (charak)

Urticaria

- Hemojas tablets / syrup. Adults : 2-3 tab. / 2-3 TSF, 2-3 times a day. Children : 1-2 tab. / 1-2 TSF, 2-3 times a day. (anuja)
- Skion ointment. For external use, 3 times a day. (anuja)
- Urtiplex tablets. Adults : 2 tab., 3-4 times a day. Children : 1 tab., 3-4 times a day. (charak)

Uterine bleeding, functional

- Ovoutoline syrup / tablets. 1-2 TSF, 3 times a day. / 1-2 tab., 3 times a day. (zandu)

Uterine disorders

- Ashoka compound liquid. (sandu)

Uterine disorders, functional

- Fizinorm capsules. 2 cap., 3 times a day for 2 days. (fizikem)

Uterine disorders, painful

- Chiniunco tablets. Children : 1/4 th-1/2 tab., 3 times a day. Adults : 1-2 tab., 3 times a day (J&J DeChane)

UTIs

- Turai-co tablets. 1-2 tab., 3 times a day. (J&J DeChane)
- Stonvil capsules. 2 cap., 2 times a day for 2 weeks (phyto pharma)

Vaginal discharge

- Femi forte tablets. 2 tab., 3 times a day with water (charak)

Vaginitis

- L tona tablets. 2 tab., 3 times a day, with milk for 2 weeks. (anuja)

Vaginitis

- Lucoja capsules. 1-2 cap., 3 times a day. (anuja)

Varicocele

- Pilex ointment / tablets. Oint. to be applied locally 1-2 times a day before and after evacuation / 2-3 tab., 2-3 times a day after meals. (himalaya)

Varicose veins

- Pilex ointment / tablets. Oint. to be applied locally 1-2 times a day before and after evacuation. / 2-3 tab., 2-3 times a day after meals. (himalaya)

Varicosity

- Pilex ointment / tablets Oint. to be applied locally 1-2 times a day before and after evacuation. / 2-3 tab., 2-3 times a day after meals. (himalaya)

Vasaomotor rhinitis

- Corazan capsules. 1-2 cap., 2-3 times a day. (zandu)

Venereal diseases

- Gandhaka rasayana tablets. 1 tab., 2 times a day with water before meals. (imis)

Venous stasis

- Pilex ointment / tablets. Oint. to be applied locally 1-2 times a day before and after evacuation / 2-3 tab., 2-3 times a day after meals. (himalaya)

Vigour & vitality, loss of

- N.J.Forte capsules. 1-2 cap., 2 times a day with milk. (jain)

Vigour & vitality, loss of (males)

- Vigoroyal M tablets. 1-2 tab., 2 times a day with water or milk (maharishi)
- Vita Ex tablets / capsules 1-2 tab. / cap. 2 times a day with milk. (baidyanath)

Vigour, loss of (males)

- Vimfix tablets. (sandu)
- Acti forte tablets / syrup. Adults : 1-2 tab. / 2-3 TSF, 2 times a day. Children : 1 tab. / 1-2 TSF, 2 times a day. (anuja)

Vitality, loss of

- Nevoss tablets. Children : 1/4-1/2 tab., every 4 hours. Adults : 1-2 tab., every 3-4 hours in a day. (J&J DeChane)
- Vigorex tablets. 1-2 tab., 2 times a day with milk. (zandu)

Vitiligo

- Pigmento tablets / ointment. Adults : 2-4 tab., 3 times a day. Children : 1-2 tab., 3 times a day.

Vomiting (in children)

- Imex tablets. 1 tab., 2 times a day with honey or sugar candy. (imis)
- Sooktyn tablets. 1/2-1 tab, mixed with milk / water / fruit juice, 3 times a day. (alarsin)

Vomiting

- Madiphala rasayana syrup : 2-3 TSF, 2 times a day. (imis)
- Prandhara drops. 2-3 drops, 2-3 times in form of topical application / steam inhalation / oral route (maharishi)

Vomitings due to varied etiology

- Vomiteb syrup / tablets. 2 TSF / 2 tab., 3-4 times a day / more frequently if required. (charak)

Weakness (in diabetes)

- Losubit capsules. 2 cap., 2 times a day for 30 days. 1 cap., 3 times a day for 15 days. 1 cap., 3 times a day for an indefinite period. (anuja)

Weakness

- Imis tonic compound. 2 TSF, 2 times a day after meals. (imis)
- Livomyn syrup. Adults : 1-2 TSF, 3 times a day. Children : 1/2-1 TSF, 3 times a day. Infants : 1/4-1/2 TSF, 3 times a day, with milk / water. (supportive) (charak)

Weakness, general

- Power builder powder / capsules. 1-2 TSF, 2 times a day with a cup of milk or tea / 1-2 cap., 2 times a day with a cup of milk or tea. (munnalal)

Weakness, sexual

- Power builder plus powder / capsules. 1-2 TSF, 2 times a day with a cup of milk or tea / 1-2 cap., 2 times a day with a cup of milk or tea. (munnalal)

Weight, loss of (infants & children)

- Infee syrup. 5 drops-1 TSF, 2 times a day with water (zandu)

White patches

- Pigmento tablets / ointment. Adults : 2-4 tab., 3 times a day. Children : 1-2 tab., 3 times a day. Ointment should be lightly applied as thin layer over depigmented patches, after covering the surrounding area with vaseline. The affected site should be exposed uniformly to morning sunlight for 5 minutes a day. The daily duration of exposure should be gradually increased so as to reach 20 continuous minutes by the end of two weeks, depending on response and tolerance of the patient
Curd, sour fruits, foods containing combinations of milk with jaggery

and fruits should be avoided during and for 3 months after therapy. (charak)

Whooping cough

- Dagine tablets. Children : 1/4-1/2 tab., crushed and mixed with honey, for every 4 hours in a day. Adults : 1-2 tab., 3 times a day. (J&J DeChane)
- Dekofcyn tablets. 1/2-1 tab., 3-4 times a day. (alarsin)
- Imex tablets. 1 tab., 2 times a day with honey or sugar candy. (imis)
- Kasmin V syrup. 1-2 TSF, 3 times a day. (maharishi)
- Spasma syrup. Adults : 2-3 TSF, 3 times a day. Children : 1 TSF, 3 times a day. (charak)
- Whoopin syrup (sandu)
- Zefs cough syrup. 1/2-2 TSF, 2-3 times a day. (zandu)

Worm infestations

- Cruminill syrup. Adults : 2-3 TSF, 3 times a day for 2-3 days. Children : Half the adult dose. (charak)

Wounds

- Hemoplex tablets. Children : 1/4-1/2 tab., 3 times a day. Adults : 1-2 tab., 3 times a day. (J&J DeChane)
- Septilin syrup / tablets 1/4-2 TSF, 2-3 times a day. / 2 tab., 2-3 times a day. (himalaya)

HOME REMEDIES

Here, we are providing some common home remedies which are tried and succeeded by the experienced physicians and vaidyas.

With a proper diagnosis, interpretation and decision, one can do wonders with these formulas.

To make the things more clear, we have used common English names of the drugs, supported by local Telugu and Hindi names.

Abbreviations used in this chapter are : T = Telugu; H = Hindi; TSF = Table spoon fulls; mg = Milligram; gm = Gram etc.

Abscess :

- Take the fruits of Datura (T : Ummetta. H : Ummetta) Boil them and make as paste. Apply this as a poultice over the boil.
- Take dried ginger and Asafetida (T : Inguva. H : Hing) Make as a paste and apply over the boil.
- Grind Sesame seeds (T : Nuvvulu. H : Til) with buttermilk and apply as poultice.

Allergic wheels :

- Combine Kings Cumin (T : Vaamu. H : Ajvaayan) with Jaggery and give as and when needed.

Asthma :

- Express the juice from Garlic (T : Vellulli. H : Lahasun). Mix 10-15 drops in warm water and give internally.
- Make concentrated decoction of Licorice (T : Ati madhuramu. H : Mulethee) and Ginger. Give half TSF in one cupful of water.
- Give 1 leaf of Tilophora indica (T : Meka meyanaaku / Kakkupaala teega) daily on empty stomach for 3-6 days. Continue the course even if the symptoms like nausea, vomiting etc., are experienced.
- Give onion juice - 1/4 cup, Honey - 1 TSF and Black pepper - 1/8 TSF

Back ache :

- Apply Ginger paste and Eucalyptus oil over the affected area.

- Take some Lime (T : Sunnamu H : Choona) and add water to it. After some time discard the supernatant liquid. Collect the remaining semi solid lime. Mix with Curd. Apply as a poultice at the site of pain. Instead of curd, Jaggery may also be used.

Bad breath :

- Give Aloe vera juice (T : Kalabanda. H : Gheekumaar), 1/2 cup, 2 times a day.
- Advise the patient to clean the mouth with Licorice powder (T : Ati madhuramu H : Mulethee)
- Give Fennel seeds (T : Sopu. H : Somph) for chewing.

Bald head :

- Take Rape oil (T : Aava noone. H : Sarason) and add Henna (T : Gorintaaku H : Mehandee) leaves to this, heat until the leaves turn black. Filter this oil and use a hair oil.

Bed bugs :

- Expose the cot to the fumes of Sulphur.

Bed wetting :

- Give 2 Date fruits (T : Kharjoora. H : Khajoor) twice daily.
- Grind 4 parts of Sesame seeds (T : Nuvvulu. H : Til beej) & 1 part of Kings Cumin (T : Vaamu. H : Ajvaayan). Give 3-5 gm., at bed time.
- Take Black Sesame seeds (T : Nalla nuvvulu. H : Til) 4 parts and King's Cumin (T : Vaamu. H : Ajvaayan) 1 part, grind well and give internally, 2-5 gm. per day

Bleeding (external) :

- Burn a cotton ball and apply its black ash to the site of external bleeding.
- Apply Ice and Sandal wood paste.

Bleeding (internal) :

- Give warm milk and 1 1/2 spoonful of Saffron with Turmeric powder.
- Mix 3 grams of Alum (T : Patika. H : Fitkiree) in a cup of milk. Keep it for half an hour. Milk will be curdled. This should be given internally.

Bleeding Gums :

- Mix 4 parts of Lime powder & 1 part of Chebulic myrobalan (T : Karakkaaya H : Harre harad). Add a little bit of sugar. Ask the patient to massage with it over the gums.

Blood pressure, increased :

- Give juice of Chebulic myrobalan (T : Karakkaaya. H : Hare harad) daily with milk.

Boils :

- Take the fruits of Datura (T : Ummetta. H : Ummetta). Boil them and make as paste. Apply this as a poultice over the boil.
- Take dried ginger and Asafetida (T : Inguva. H : Hing). Make as a paste and apply over the boil.
- Apply the paste of Ginger powder and Turmeric powder over the boil.
- Apply cooked onions as a poultice.

Breathlessness (in children) :

- Give Tulsi juice with Honey.
- Make a paste from the root bark of margosa tree (T : Vepa. H : Neem) and administer (125-250 mg.) internally with Honey

Breathlessness :

- Make pills of Camphor (T : Karpooramu. H : Kapoor) and Asafetida (T : Inguva. H : Hing) Give with hot water thrice daily

Bronchitis (in children) :

- Give Tulsi juice with Honey.

Burning urination :

- Mix 10 drops of sandal wood oil in 3 TSF of sugar and give internally.

Burns :

- Apply Honey.
- Apply the paste of Aloe vera (T : Kalabanda. H : Gheekukaar) with a pinch of turmeric powder.
- Dissolve baking soda in water and apply over the scalds.
- Apply Ghee or Coconut oil.

Cold & Cough (in children) :

- Warm the leaves of Betel (T : Tamalapaaku H : Paan) over the fire. Extract the juice from them. Mix 5-20 drops of the juice with equal quantity of Tulsi juice and honey. Give it twice daily.

Cold :

- Advise the patient to inhale a pinch of Calamus root powder (T : Vasa. H : Vachaa) as snuff.
- Apply Eucalyptus oil to the sides of the nose
- Express juice from Sacred Fig leaves (T : Raavi. H : Peepal). Give along with honey.
- Add Ginger powder or Eucalyptus leaves to boiling water. Ask the patient to inhale the vapours.
- Take 1 TSF of Ginger juice and 1 TSF of betel leaf juice. Warm and give along with Honey.
- Sprinkle Sugar over the live Coal and ask the patient to inhale the generated fumes.

Conjunctivitis :

- Take some sterile Boric powder and mix with Ghee. Apply to the inner eyelids.

Constipation :

- Give Turpeth powder (T : Tella tegada. H : Nisodh / Pitoharee), 1-3 gm, with Honey / Sugar and Hot water at bed time.
- Fruit pulp of Margosa (T : Vepa. H : Neem) causes mild laxation.
- Take Turpeth (T : Tegada. H : Pitoharee / Nishoth) - 2 parts and Chebulic myrobalan (T : Karakkaaya. H : Harre harad) - 1 part. Make it powder & give 1 TSF, with Sugar and Warm water at bed time.
- Give 1 TSF of Flax seeds boiled in a glass of water at bed time.

- Give 1 TSF of Ghee added to a glass of warm milk at bed time.
- Give decoction of Senna leaves diluted with a cup of water at bed time.
- Give Ginger and Jaggery at bedtime.

Cough :

- Dissolve Alum (T : Patika. H : Fitkiree) in water. Add 2 Cloves (T : Lavangaalu. H : Lavang) to it. Heat it and cool. Make a fine powder. Give a pinch of it with betel leaf.
- Mix 1 or 2 Cloves with small quantity of rock salt and ask the patient to suck the juice.
- Add a pinch of salt and 2 pinches of Turmeric powder to boiling water. Advise the patient to gargle with this as and when needed.
- Make powder from dried leaves of Sacred Fig (T : Raavi. H : Peepal). Give with Honey.

Cough with expectoration :

- Add 1 1/2 TSF of Ginger powder, 1 pinch of Clove and 1 pinch of Cinna mon powder to boiling water and give internally.

Dandruff :

- Apply lime juice to the scalp before every head bath.
- Apply Neem oil (T : Vepa noone. H : Neem tel) and Camphor (T : Karpooramu. H : Kapoor) to the scalp of the head.

Dental caries :

- Grind the seeds of Datura (T : Ummetta. H : Datura). Make as pills. Put a pill over the affected tooth which is not to be swallowed. Later, it is spitted out and mouth is to be cleaned with warm water.

Diabetes :

- Give 1 TSF of Margosa oil (T : Vepa noone. H : Neem oil) daily.
- Take 2 parts of Gymnea sylvestre (T : Poda patri. H : Gudmaar) and 1 part of powder from the seeds of Black berry (T : Nerudu. H : Jaamun), 1 part of heated and cooled Borax (T : Veligaaramu. H : Tankan/ Suhaagaa). Grind well. Give 1 TSF with hot water, 2 times a day.
- Take Chebulic myrobalan (T : Karakkaaya. H : Hare harad) and Emblic myrobalan (T : Usiri kaaya. H : Aamvaalaa) in equal parts. Add 1/8 th turmeric by weight. Grind well Give 1 TSF, 2 times a day

Diarrhea :

- Boil 1-2 TSF of Poppy seeds added to a cup of Gruel. Add a pinch of Nutmeg and give internally
- Give black coffee with an added lemon juice.

Dry cough :

- Advise the patient to place Ginger and Rock salt in the mouth and suck the juice.

Dysentery :

- Take the flowers of Pomegranate (T : Daanimma. H : Anaar) or young fruit of it Grind and add a pinch of Camphor to it. Give 1-3 gm two times a day.

- Take Lime juice in a cup. Add sugar and milk to it. Administer for every 4 hours.
- Collect the bark of Black berry / Jambul (T : Neredu. H : Jaamun) and grind thoroughly. Soak in fresh water for 5-6 hours. Mix and filter. Give 10-20 ml, 2-3 times a day.
- Collect the fruits of Bengal quince / Bael (T : Maaredu. H : Bel). Break, dry and make powder. Give a pinch along with sugar and water.

Dysentery, amoebic :

- Extract the paste from Tamarind seeds and Sandal wood. Give this paste 1 gm., 3 times a day with Sugar and Hot water.

Ear ache :

- Place 2-3 drops of Garlic oil in a luke warm condition in the ear.
- Drop a mixture of Onion juice and honey in the ear.
- Take the leaves of Sacred Fig (T : Raavi. H : Peepal). Express the juice and put the drops in the ears.

Ear discharge :

- Take Sesame oil (10 parts). Add Garlic (1 part) to it. Heat and cool up to the body temperature and put 5-6 drops in the diseased ear.
- Take the leaves of Sacred Fig (T : Raavi. H : Peepal). Express the juice and put the drops in the ears.

Ear, pus discharge from :

- Put the luke warm Ginger juice and Asafetida (T : Inguva. H : Hing) in the form of drops in the affected ears.
- Take Turmeric and filtered Lime paste in equal parts. Add little water to it. Mix Sesamum oil (T : Nuvvula noone. H : Til tel) and heat till the oil only remains. Filter and use this oil as ear drops.
- Take 1 part of Turmeric (T : Pasupu. H : Haldee), 2 parts of Alum (T : Patika. H : Sphatik), grind well and drop pinch in affected ear and close with a small cotton ball.

Ears, ringworm of :

- Put 3 drops of Clove oil in the ear.

Epilepsy :

- Fry the Turmeric powder. Give 1 gm, 2 times a day with Honey.

Exhaustion due to heat :

- Cook 3-4 dates, with water, express the juice and give internally.
- Give a glass of Coconut water or Grape juice.

Eye diseases :

- Dissolve Alum in fresh water or Rose water. Place 2 drops in each eye, 2-3 times a day.
- Express juice from the young leaves of Sacred Fig (T : Raavi. H : Peepal), along with Honey and place in the eyes.

Eyes, burning sensation of :

- Apply Castor oil to the soles of feet.
- Apply Fresh Aloe vera gel to the eyes.

- Instill Pure rose water in the affected eye.

Face brightners :

- Mix Lime juice and Coconut milk. Shake vigorously. A white creamy material will be obtained. Apply this over the face.
- Mix the Baking soda in water and apply to the face.

Fainting :

- Fresh and broken Onions are to be inhaled.
- Calamus root powder (T : Vasa. H : Vach) is to be taken as a snuff.

Gas, abdominal :

- Take a cupful of water with a pinch of baking soda and 2 TSF of Lemon juice, stir and give internally

Gastric trouble :

- Take 100 gm. of "Jungle haradaa". Fry in castor oil. Make powder. Give 2 TSF with warm water after food at bed time.

General tonics :

- Take Dried Ginger, Emblic myrobalan (T : Usiri kaaya. H : Aamvalaa) and Tinospora cordifolia (T : Tippa satttu. H : Giloy) in equal parts. Make as powder and give twice daily with honey.

General tonics (infants) :

- Collect enough quantity of water from boiling rice. Add a pinch of sugar candy (T : Patika bellam. H : Phitkin mishree) to it and administer it twice daily.
- Add 4-5 drops of lime juice (T : Nimma rasam. H : Neemboo) to 1 TSF of honey and give it to infants daily.
- Give Curd, Ghee, Honey and Sugar each 1 TSF daily in the mornings.

Gout :

- Take the flowers of Madar (T : Jilledu. H : Akvan/Aak) and Turmeric in equal parts and grind well. Add castor oil to it and apply to the heel.
- Wash the legs with hot water. Then apply lime juice and Sesame oil (T : Nuvvula noone. H : Til tel) at bed time.
- Make a pit in Cow dung. Fill it with water. Heat some Iron piece to red-hot and dip in this pit. Then put the heel of the foot in this pit.

Gums, bleeding :

- Give 2 TSF of Lemon juice daily with a cup of water
- Advise the patient to massage the gums with Coconut oil.

Gums, disorders of :

- Make tooth powder from the coal of Fever plant (T : Gachcha kaaya. H : Kaantkarej), Alum (T : Patika. H : Fitkiree) and Coal of Betel nut palm (T : Poka chekka. H : Pan)
- Make the paste of Ginger and the dried flowers of Iron wood tree/Cobras saffron (T : Naaga kesaraalu. H : Peelaa naagkesar) and apply.

Haematemesis :

Give Onion juice with sugar.

Hair loss :

- Apply the juice of Datura (T : Ummetta. H : Datura) leaves.

Head ache (occipital) :

- Apply Ginger paste behind the ears.

Head ache (Sinusitis) :

- Apply the boiled and cooled Ginger paste to the forehead.

Head ache (temporal) :

- Give a decoction of Cumin (T : Jeela karra. H : Jeeraa) and Coriander (T : Dhanuyaalu. H : Dhaniyan) seeds internally.

Head ache (temporal) :

- Apply Sandal wood paste to the temples.

Head ache :

- Take dried 1 part of Ginger, 5 parts of Coriander (T : Dhaniyaalu. H : Dhaniyaan) and 5 parts of Indian sarsaparilla (T : Sugandhipaala. H : Ananta moola / Kaporee) Make fine powder Add 2 TSF of this powder to a glass of water, leave for 12 hrs. and give internally.
- Apply the onion juice to soles of the feet.
- Put 2 drops of expressed juice from the leaves of Leucas cephalotus (T : Tummi. H : Gooma) in each nostril.

head ache, unilateral :

- Take the fruits of Sweet lime (T : Naarinja. H : Meethaa Neemboo). Peel its skin and squeeze. Few drops of aromatic oil will be obtained. dip a feather in this oil and apply to the external auditory canal of the ear. If there is burning sensation, apply Castor oil, externally.

Hemicrania :

- Sprinkle dried Ginger powder over the boiled rice and add hot milk to it. Keep this for whole night and ask the patient to take it before sunrise of the next day.

Hiccups :

- Add little amount of water to dried Ginger and Jaggery. Make it as paste. Wrap in a cloth and squeeze 2-3 drops of it in each nostril of the nose.
- Grind Cumin seeds (T : Jeelakarra. H : Jeeraa) and Jaggery. Ask the patient to keep this in the mouth and suck the juice.
- Mix 2 parts of Honey with 1 part of Castor oil. Give internally
- Advise breathing exercises

Indigestion (in children) :

- Take 1 part of Camphor (T : Mudda karpooram. H : Kapoor) and 2 parts of Asafetida (T : Inguva. H : Hing), mix them by grinding. Administer 250-500 mg. through mouth. Use ginger juice as a vehicle.

Indigestion :

- Grind and mix dried Ginger, Rocksalt (T : Saindhava lavanamu. H : Saindhav namak) & Kings Cumin (T : Vaamu. H : Ajvaayan). Give with warm water.
- Take King's cumin (T : Vaamu. H : Ajvaayan) and Rock salt (T : Saindhava lavanamu H : Saindhav namak) in equal parts and soak in the Lime

juice for whole night. Give 1 TSF in mornings.

- Take the following drugs in equal quantities . 1) Chebulic myrobalan (T : Karakkaya. H : Hare harad), 2) Long pepper (T : Pippallu H : Peepal), 3) Kings Cumin (T : Vaamu. H : Ajvaayan), 4) Dried Ginger, 5) Rock salt (T : Saindhava lavanam. H : Saindhav namak). Soak them in Lime juice. Allow them to dry and grind This powder should be given 1 TSF, 2 times a day with warm water.
- Mix 2 TSF of Onion juice; 1 TSF of Honey & 1/2 TSF of Black pepper. Give internally
- Give Garlic, cloves, salt and baking soda in a combined form.
- Take dried Ginger, Kings cumin (T : Vaamu. H : Ajvaayan) and Rock salt (T : Saindhava lavanam. H : Saindhav namak), make powder and give twice daily with hot water.

Insanity :

- Administer sterile urine of opposite sex by mouth.

Intestinal worms :

- Express juice from Margosa leaves (T : Vepa. H : Neem) and give internally. After an hour, give Castor oil.
- Prepare decoction of Hanbane (T : Kurasaani vaamu. H : Kurasaani Ajvaayan), Bastard teak (T : Modugamaada. H : Tesoo/Dhaak) and Long pepper (T : Pippallu. H : Peepal). Give once in a week.
- Give Margosa oil (T : Vepa. H : Neem).

Itching sensation :

- Take 50 gm. of Chaulmugric oil (T : Neredu ginjala noone. H : Chaalmogra tel) and 10 gm. of Camphor in a bottle and keep this in a bright sunlight. Then apply this oil over the itching area and leave it for 3 hours and wash.

Joint pains :

- Combine Dry Ginger and Asafetida (T : Inguva. H : Hing) with cow's milk. Make it as a paste. Apply this over the joints as a poultice.
- Express Garlic juice (T : Vellulli. H : Lahsun) from its paste. Add half spoon of lime juice to it and give internally.
- Take Dried Ginger and Black Pepper in equal parts. Fry them and make as powder. Give 1 TSF, 3 times a day with honey.
- Hot fomentation with sand.

Leg cramps :

- Apply Lime juice to the soles of the feet.

Lips, cracked :

- Mix table salt with Ghee and apply over the lips.

Loss of Hair :

- Apply the milk of Papaya (T : Boppai. H : Papeetaa) over the affected part.

Low grade fever :

- Take the following drugs in equal parts and grind. 1) Cobras saffron (T :

Naaga kesaraalu H : Peelaa naagkesar), 2) Bark of Cinnamon (T : Daalchina chekka. H : Daalcheenee), 3) Cinnamon (T : Aaku patri. H : Tej patra), and 4) Lesser Cardamom (T : Elakkaaya. H : Chotee llyachee). Give 1 TSF of this powder with Sugarcandy / Butter / Ghee, 2 times a day.

Memory, loss of :

- Make fine powder of Liquorice (T : Atimadhuramu H : Mulethee) and store in an air tight container. Give 1 TSF twice a day with milk.
- Take Sweet flag (T : Vasa H : Bach) and Sugarcandy in equal parts Grind and give 3 gm , 2 times day.

Menstruation, painful :

- Burn the bark of Tamarind (T : Chinta chettu. H : Imlee) to ash Give this ash 2 times a day with lime juice.
- Take Black peppers, 18, Young leaves of Jujuba (T : Regu H : Unnav / Bare), 18, Grind and give 2 times a day.

Menstrual disorders :

- Heat and cool the Alum (T : Patika. H : Fitkiree) Grind with supernatant water of Lime powder. Make pills and give 3 times a day.

Menstruation, excessive :

- Give Liquorice (T : Atimadhuramu H : Mulethee / Jetheemadh) powder with Rice washed water, 3 times per day
- Burn the feathers of Peacock into ash. Give 125-250 mg., 3 times a day with Honey.

Mile stones, delayed (infants) :

- Extract paste from Pellitory (T : Akkala karra. H : Akarkara). Give half to 1 gm. daily.
- Extract paste from Sweet flag (T : Vasa. H : Bach). Give half to 1 gm. daily

Nails, fungal infection of :

- Take Sulphur (T : Gandhakamu H : Gandhak), Camphor (T : Karpooramu H : Kapoor), Sugar candy & Borax (T : Veligaaramu. H : Suhaagaa) in equal parts. Make in to paste by adding water and apply over the nail beds.
- Make paste of Henna leaves (T : Gorintaaku. H : Mehandee). Apply over the nails.

Non healing ulcers :

- Grind Alum (T : Patika. H : Fitkiree) and Litharge (T : Mruddar shrungamu. H : Murada sung). Sprinkle this over the ulcer while dressing
- Take Blue vitriol (T : Mailu tuththamu. H : Tootiyaa / Neelaa thothe) - 1 part and Lime powder - 5 parts. Make as a paste by adding ground nut oil. Apply over the ulcers.

Obesity :

- Take the following drugs in equal parts : 1) Dried Ginger (T : Shunthi. H : Sonth) 2) Long Pepper (T : Pippallu. H : Peepal), 3) Black Pepper (T :

Miriyaalu. H : Kaalee Mirch), 4) Chebulic Myrobalan (T : Karakkaaya. H : Hare Harad), 5) Beleric Myrobalan (T : Taanikaaya H : Bahedaa), Emblic myrobalan (T : Usiri kaaya. H : Aamvalaa) 6) Asafetida (T : Inguva H : Hing) 7) Lead wort (T : Chitra moolamu. H : Cheetaa) and 8) Cumin seeds (T : Jeela karra. H : Safed jeeraa). Make a fine powder. Give it 1 TSF, twice a day with warm water. Avoid high caloric diet.

- Give 1 TSF of lemon juice and a pinch of baking soda added to warm water daily.
- Add Honey to water and give twice daily.

Oral contraception :

- Daily Betel leaves and Black Pepper are to be chewed and taken internally.
- Seeds of Bastard teak (T : Moduga. H : Dhaak/Tesoo) are burnt to ash. This is ground with Asafetida (T : Inguva. H : Hing). Daily, 1-3 gm., is to be taken internally with milk.

Otorrhoea :

- Take Turmeric (T : Pasupu. H : Haldee) 1 part, Alum (T : Patika. H : Sphatik) 2 parts, grind well and drop pinch in affected ear and close with a small cotton ball.

Pain (external) :

- Apply a paste made from Ginger and Turmeric powders.

Pains, muscular :

- Give enema with a cup of Calamus oil (T : Vasa. H : Bach) and keep for 30 minutes.
- Apply the paste of Ginger powder and Turmeric.

Palpitation ;

- Grind Asafetida (T : Inguva. H : Hing) and Camphor. Give 250-500 mg., 2 times a day

Piles :

- Give 2 TSF of Chebulic myrobalan (T : Karakkaaya H : Hare harad) powder with sour buttermilk.
- Give 1-2 cups of Aloe vera juice (T : Kalabanda. H : Gheekumaar), 3 times a day

Pimples :

- Take Black pepper (T : Miriyaalu H : Mirch), Nutmeg (T : Jaaji kaaya. H : Jayaphal) and Sandal wood in equal parts and extract paste from them with the help of water. Apply it over the face.
- Grind King's Cumin (T : Vaamu. H : Ajvaayan) after adding water and apply over the face
- Make a paste from Cloves (T : Lavangaalu. H : Lavang) and Cumin seeds (T : Jeelakarra. H : Jeera) and apply over the face.
- Make paste of Turmeric powder (5 gm) and Sandal wood powder (5 gm.). Apply externally. Also, give expressed juice of Aloe vera (half cup) internally 3 times a day.

Poison :

- Give heated and cooled Urine by mouth.
- Give 1-2 TSF of Ghee or Licorice powder internally.

Poison bites and Stings :

- Give Cilantro juice internally.
- Apply Sandal wood paste externally

Poly urea :

- Take Black Sesame seeds (T : Nalla nuvvulu. H : Til) 4 parts, and King's Cumin (T : Vaamu. H : Ajvaayan) 1 part, grind well and give internally, 2-5 gm. per day.

Pregnancy, low backache during :

- Burn the Kings cumin (T : Vaamu. H : Ajvaayan) to black coal, make powder, add Honey, Ghee and Sugar and give daily.

Prickly heat :

- Make paste from the bark of Margosa tree (T : Vepa chettu H : Neem) and apply over the skin.

Rash :

- Apply Cilantro leaf while dressing.
- Give Coriander decoction.

Rickets :

- Apply butter all over the body and make the child to stand in the Sunlight for 1 hour.

Ring worm :

- Apply Lime juice and juice of Tulsi leaves externally.
- Make the trunk of Betelnut palm (T : Poka chekka. H : Paan) in to coal. Mix with Lime juice and apply over the affected area.
- Apply the paste of Bastard teak (T : Moduga maada. H : Tesoo/Dhaak) along with lime powder Apply over the affected area.

Runny nose :

- Grind 2 parts of Jaggery (T : Bellam. H : Gud) and 1 part of Black pepper. Mix with 10 parts of Curd Give twice daily.

Scars due to burns :

- Apply the expressed juice from the leaves of Marigold (T : Banti H : Kanduk)

Scars on the face :

- Mix 1 TSF of Lime juice with half cup of milk. Apply liberally over the face. Keep it for the whole night. Wash it in the mornings.

Skin diseases :

- Apply Margosa oil (T : Vepa noone. H : Kapoor) and Camphor (T : Mudda karpooramu. H : Kapoor) over the diseased area.
- Collect tender leaves from Margosa tree (T : Vepa. H : Neem), Cumin seeds (T : Jeelakarra. H : Safed jeera) and Table salt - each one pinch and grind well. This should be given internally at the dose of 3-5 gm.
- Apply Triphala powder, Camphor along with Coconut oil.

- Apply Tulsi juice, along with Lime juice

Sleep, excessive :

- Give Coffee and decoction of Calamus root at a bed time
- Advise early and light meals in the evenings

Sleeplessness :

- Mix Milk and Sesame oil (T : Nuvvula noone H : Til tel) in equal proportions and squeeze with the hand till it becomes a paste. Apply it to the soles of the feet after washing them with warm water at bed time.
- The seeds of Henbane (T : Kurasaani vaamu. H : Khurasaanee ajvaayan) are to be placed on live coal and the fumes are allowed to spread in the room. This induces sleep.
- Seeds of Poppy plant (T : Gasagasaalu H : Posth) are to be heated and wrapped in a cloth and inhaled.
- Give Honey and Sugar mixed in a cupful of cool milk.
- Introduce luke warm oil into the ears.
- Nutmeg decoction or Camomila decoction is to be given at bed time
- Rub the scalp of the head with oil
- Massage soles of the feet with sesame oil.

Sore throat :

- Add 3 pinches of Turmeric powder and 1 pinch of Salt to hot water and ask the patient to gargle.

Spasmodic pains :

- Give Betel leaf juice with Honey

Spots on the face :

- Mix 1 TSF of Lime juice in half cup of milk. Apply liberally over the face. Keep it for the whole night. Wash it in the mornings.

Stomach pain :

- Take Tulsi juice and Ginger juice and mix. Give 1 TSF with Honey.

Swelling :

- Apply 2 parts of Turmeric powder and 1 part of Salt as a paste.
- Give Barley water.

Swelling with pain :

- Mix Sesame oil (T : Nuvvula noone. H : Til tel) and Lime juice. Massage over swelling (make sure that swelling is not due to a fracture). Then take some hot sand in a cotton cloth and apply over the swelling.

Teeth, for sparkling :

- Teeth should be cleaned with the foam of Soapnuts (T : Kunkudu kaayalu. H : Reetha)

Thorn bite :

- Mix the leaves of Creeping vervain (T : Bokkenaaku. H : Jal peepal) with equal quantity of Jaggery. Make a paste and apply over the bite. Also give 5 gm. of this paste internally for 5 days.

Threatened abortions :

- Grind the following Flowers of Ironwood tree (T : Naaga kesaraalu. H :

Peelaa jaagkesar), Black pepper (T : Miriyaalu. H : Kaalee Mirch), and dried Long Pepper (T : Pippallu. H : Peepal). Give it twice daily, 1 TSF with cows ghee and Sugar candy.

- Take Long pepper (T : Pippallu. H : Peepal), Flowers of Ironwood tree/ Cobras saffron (T : Naaga kesaraalu. H : Peelaa Naag kesar) and Ginger in equal parts. Express juice from these drugs. Give with honey and ghee.

Throat pain :

- Mix 1 TSF of honey in warm water and give internally. (never heat honey directly)

Tinnitus :

- Put honey in each ear.

Tooth ache :

- Grind Asafetida (T : Inguva. H : Hing) and Lime juice. Warm and apply.
- Take Pellitory (T : Akkala karra H : Akarkaraa), Camphor (T : Haarati karpooramu. H : Kapoor) and black pepper (T : Miriyaalu. H : Mirich) in equal parts, grind and apply.
- Apply 3 drops of Clove oil to the affected tooth.

Tumors :

- Grind the leaves of Henna (T : Gorintaaku. H : Mehandee) and Night Jasmine (T : Paarijaatamu H : Harsingaar). Apply as a poultice over the tumors.

Ulcers, nonhealing :

- Bandaging with Betel leaf.

Urinary stones :

- Make a decoction of Onions (T : Neerulli. H : Pyaaz) and mix with sugar. Give it twice daily.

Urination, excessive :

- Take 1 part of Ginger juice and 2 parts of Sugar. Give 2 times a day.

Urine, increased frequency of :

- Give 10-15 drops of Garlic juice (T : Vellulli. H : Lahasun), mixed in warm water, twice a day.

Uvula, elongated :

- Heat Alum (T : Patika. H : Fitkiree) and Borax (T : Velegaaram. H : Suhaagaa) Add Black Pepper. Then prepare a Cotton swab with a stalk. Dip this in prepared mixture and apply over the Uvula.

Voice, change of :

- Grind the Black pepper (T : Miriyaalu. H : Kaalaa Mirch) and Sugar candy to fine powder. Ask the patient to keep it in the mouth and swallow the juice.

Vomiting :

- Seeds of Pomegranate (T : Daanimma. H : Anaar) are to be chewed and taken internally.
- Combine Lime powder (T : Neeru sunnamu. H : Choona) with equal

quantity of Ginger. Make it a paste Apply over the warts.

White discharge :

- Grind the plant, *phyllanthus asperulatus* (T : Nela Usiri. H : Bhooyee
aamvalee) to soft paste. Dry and make pills. Give with rice washed wa-
ter.

White patches on the skin :

- Add a little bit of Camphor (T : Mudda karpooramu. H : Kapoor) to ex-
pressed juice from Holy basil leaves (T : Tulasi. H : Tulsi). Apply over the
affected area.

Whooping cough :

- Add a little bit of Honey to 1 TSF of sterilized cow's urine and give it in
the mornings for 3-4 days.

MEDICINAL PLANTS - MAIN ACTIONS

Abbreviations of "Useful parts of the plants"

| | | | |
|---------------|------|---------------|--------|
| Bark | Bk | Plant (whole) | Pl. |
| Exudate | Exd. | Root | Rt. |
| Endosperm | Enm | Root bark | Rt-Bk. |
| Flower | Fl | Root tuber | Rt-Tr |
| Fruit | Fr. | Rhizome | Rzm. |
| Fruit pulp | Fr-P | Seed | Sd. |
| Inflorescence | lfl. | Stem | St. |
| Leaf | Lf. | Stem bark | St-Bk. |
| Latex | L. | Stem tuber | St-Tr. |
| Oil | Ol. | Tuber | Tr. |

SANSKRIT NAME BOTANICAL NAME USEFUL PART

Aakshepa janana - Convulsants

Kupeelu Strychnos nuxvomica Enm.

Aakshepa prasamana - Anti convulsants

Oodsaleeb Peonia emodi Rt.

Bhoorja patra Betula bhojapattrā Bk.

Arsoghna - Drugs which destroy Piles

Mahaanimba Melia azedarach Rt, Bk, Lf, Fr.

Kareera Capparis aphylla Rt, Bk, Fr.

Soorana Amorphophallus-
campanulatus Tr.

Vruntaaka Solanum melongena Fr, Sd, Rt, Lf.

Aarthva janana - Menstruation inducing drugs

Ulatakambala Abroma augusta Rt, Lf.

Vamsa Bambusa arundinacea Rt, Lt, Fr, Exd.

Sana Crotalaria juncea Lf, Sd.

Aarthava samana - Menstruation supressing drugs

Lodhra Symplocos racemosa Bk.

Asoka Saraca indica Bk, Sd, Fl

Asmaree bhedana - Lithotriptic drugs

| | | |
|----------------------|--------------------------|-------------|
| Paashaanabheda | Saxifraga ligulata | Rt. |
| Varuna | Crataeva religiosa | Rt, Bk, Lf. |
| Kulattha | Dolichos biflorus | Sd. |

Aama paachana - Drugs which digest the Aama

| | | |
|--------------------|--------------------------------|---------|
| Kiraata | Swertia chirata | Pl. |
| Haridru | Adina cordifolia | Bk, Lf. |
| Traayamaana | Gentiana kurroa | Pl, Rt. |
| Patola | Trichosanthes cucumerina | Pl. |
| Kaaravellaka | Momordia charantia | Fr, Rt. |
| Karkotakee | Momodica cochinchinensis | Fr, Rt. |
| Chichinda | Trichosanthes anguina | Fr. |

Angamarda prasamana - Drugs which pacify body aches

| | | |
|---------------------|----------------------------|---------|
| Saala parnee | Desmodium gangeticum | Pl. |
| Prusni parnee | Uraria picta | Pl, Rt. |

Asthi sandhaaneeya - Bone union promoting drugs

| | | |
|------------------------|----------------------------|---------|
| Asthi srunkhalaa | Vitis quadrangularis | St, Lf. |
|------------------------|----------------------------|---------|

Brumhana - Drugs which promote bulkness of the body

| | | |
|------------------|-----------------------------|-------------------------|
| Ksheerinee | Mimusops hexandra | Fr, Bk, Lf. |
| Kharjoora | Phoenix sylvestris | Fr |
| Taala | Borassus flabellifera | Rt, Lf, Fr, Sd. |
| Madhuooka | Bassia latifolia | Fl, Fr, Bk, Sd, Ol, Lf. |
| Chatraka | Agaricus campestris | Pl. |

Balya - Strength promoting drugs

| | | |
|-------------------|------------------------------|-------------------|
| Balaa | Sida cordifolia | Rt, Sd, Lf. |
| Atibalaa | Abutilon indicum | Rt, Sd, Lf. |
| Mahaabalaa | Sida rhombifolia | Rt, Sd, Lf. |
| Bhoomibalaa | Sida humilis | Rt, Sd, Lf. |
| Vidaaree | Pueraria tuberosa | Tr. |
| Vaaraahee | Dioscorea bulbifera | Tr. |
| Vaataada | Prunus amygdalus | Sd-P, Sd-Ol. |
| Mukoolaka | Pistacia vera | Sd-P, Fl |
| Nikochaka | Pinus gerardiana | Pulp |
| Kaajoo | Anacardium occidentale | Sd, Ol. |
| Akshota | Juglans regia | Pulp |
| Urumaana | Prunus armeniaca | Fr, Pulp, Lf, Ol. |
| Garjara | Daucus carota | Rt, Sd. |
| Tavaksheera | Curcuma augustifolia | Tr. |

Bhedana - Drugs which break the feces

| | | |
|----------------------|-----------------------------|----------------------|
| Trivrut | Operculina turpethum | Rt, Bk. |
| Krushnabeeja | Ipomoea hederacea | Sd. |
| Indravaarunee | Citrullus colocynthis | Fr, Rt. |
| Katukaa | Picrorrhiza kurroa | Rt. |
| Svarnaksheeree | Argemone mexicana | Rt, Sd, Exd, Ol, Pl. |

| | | |
|----------------------|-----------------------------------|---------------------|
| Arka | Calotropis procera | Rt-Bk, Exd, Fl, Lf. |
| Kampillaka | Mallotus philippinensis | Fr-P. |
| Dugdhiakaa | Euphorbia microphylla | Pl. |

Danta sodhana - Teeth cleaning drugs

| | | |
|---------------------|------------------------------|--------|
| Teja bala | Zanthoxylon alatum | Bk, Fr |
|---------------------|------------------------------|--------|

Danta daardhyakara - Teeth stabilizing drugs

| | | |
|------------------|---------------------------|-------------|
| Bakula | Mimusops elengi | Bk, Fl, Fr. |
|------------------|---------------------------|-------------|

Deepana - Appetisers

| | | |
|---------------------------|----------------------------------|--------|
| Ativishaa | Aconitum heterophyllum | Rt-Tr. |
| Prati vishaa | Aconitum palmatum | Rt-Tr. |
| Kalambaa | Jateorhisa palmata | Rt. |
| Chitraka | Plumbago zeylanica | Rt-Bk. |
| Maricha | Piper nigrum | Fr. |
| Jeeraka | Cuminum cyminum | Sd. |
| Krushna jeeraka | Carum carvi | Sd. |

Daaha prasamana - Drugs which pacify burning sensation

| | | |
|--------------------------|---|-----------------|
| Utpala | Nymphoea stellata | Rt, Fl, Sd. |
| Chandana | Santalum album | St, Ol. |
| Rakta chandana | Pterocarpus santalinus | St. |
| Priyangu | Callicarpa macrophylla | Fr, Fl, Lf, Bk. |
| Elaa | Elettaria cardamomum | Fr. |
| Bruhad elaa | Amomum subulatum | Fr. |
| Champaka | Michelia champaca | Bk, Fl. |
| Saivaala | Serratophyllum - submersum | Pl. |
| Seetaaphala | Anona squamosa | Fr. |
| Tanka | Pyrus communis | Fr. |
| Tooda | Morus indica | Bk, Fr. |

Graahee - Astringents

| | | |
|--------------------------|------------------------------|---------------|
| Jaateephala | Myristica fragrans | Fr, Fr-Cover. |
| Parna yavaanee | Coleus aromaticus | Lf. |

Garbhaasaya sankochaka - Uterus retracting drugs

| | | |
|------------------------|-------------------------------|----------------|
| Eeswaree | Aristolochia indica | Rt, Lf. |
| Kaalaajaajee | Nigella sativa | Sd. |
| Annaamaya | Claviceps purpurea | Pl. |
| Karpaasa | Gossypium herbaceum | Rt, Bk, Fl, Sd |
| Laangalee | Gloriosa superba | Tr. |
| Haramala | Peganum harmala | Sd. |
| Sitaaba | Ruta graveolens | Pl. |

Ganda maalaa naasaka - For Cervical lymph adenitis

| | | |
|------------------------|---------------------------------|---------|
| Kaanchanaara | Bawhinia variegata | Bk, Fl. |
| Kaandeera | Ranunculus sceleratus | Pl. |

Hrudya - Beneficial for heart

| | | |
|------------------|-----------------------------|-----|
| Arjuna | Terminalia arjuna | Bk. |
|------------------|-----------------------------|-----|

| | | |
|--------------------|----------------------|-------------|
| Karpooora | Cinnamomum camphora | Exd. |
| Hrutpatree | Digitalis purpurea | Lf. |
| Vanapalaandu | Urginea indica | Tr. |
| Saileya | Parmelia perforata | Pl |
| Yoothikaa | Jasminum auriculatum | Fl, Lf. |
| Tarunee | Rosa centifolia | Fl. |
| Simbitikaa | Pyrus malus | Fr, Rt. |
| Aaruka | Prunus persica | Fr, Lf, Sd. |
| Bihee | Quince | Fr, Sd. |

Hrudayottejaka - Cardio stimulants

| | | |
|--------------|----------------|---------|
| Kaafee | Coffea arabica | Sd, Lf. |
|--------------|----------------|---------|

Jvarahara - Anti pyretics

| | | |
|---------------------|------------------------|-------------|
| Sapta parnaa | Alstonia scholaris | Bk, Exd, Fl |
| Karaveera | Nerium odorum | Rt, Rt-Bk. |
| Pootikaranja | Caesalpinia bonducella | Sd, Fr, Rt. |
| Drona pushpee | Leucas cephalotes | Pl. |
| Tulasee | Ocimum sanctum | Lf, Rt, Sd. |
| Kunaina | Cinchona officinalis | Bk. |

Jeevaneeya - Vitalisers

| | | |
|--------------------|-----------------------|---------|
| Jeevantee | Leptadenia reticulata | Rt. |
| Mudgaparnee | Phaseolus trilobus | Pl, Rt. |
| Maashaparnee | Teramnus labialis | Pl, Rt. |

Kanthya - Throat benefecial drugs

| | | |
|---------------------|--------------------|-----|
| Malaya vachaa | Alpinia galanga | Rt. |
| Hansapadee | Adiantum lunulatum | Pl. |

Kaasahara - Cough alleviating drugs

| | | |
|-----------------------|----------------------|--------------|
| Pippalee | Piper longum | Fl, Rt. |
| Kantakaaree | Solanum xanthocarpum | Pl. |
| Bruhatee | Solanum indicum | Rt, Fr. |
| Karkata srungee | Rhus succedanea | Insect nest. |
| Kaasamarda | Cassia occidentalis | Lf, Sd, Rt |
| Agastya | Sesbania grandiflora | Pl. |

Kandooghna - Itch destroying drugs

| | | |
|---------------------|---------------------|---------------------|
| Karanja | Pongamia glabra | Bk, Lf, Fl, Sd. |
| Nimba | Melia azadirachta | Fl, Lf, Bk, Sd, Ol. |
| Sarshapa | Brassica alba | Sd, Ol. |
| Jayantee | Sesbania aegyptiaca | Rt, Bk, Lf, Fl, Sd. |
| Aranyajeeraka | Centratherum | |
| | anthelminticum | Sd. |

| | | |
|-----------------|-------------------|-----|
| Jalanimba | Gratiola monnie'a | Pl. |
|-----------------|-------------------|-----|

Kushthaghna - Anti leprotics and drugs for skin diseases

| | | |
|---------------------|-------------------|----------|
| Khadira | Acacia catechu | Bk, Exd. |
| Haridraa | Curcuma longa | Rz. |
| Vana haridraa | Curcuma aromatica | Rz |

| | | |
|------------------------|----------------------------|----------------------|
| Aamragandhi haridraa . | Curcuma amada | Fr. |
| Bhallaataka | Semecarpus anacardium . | Fr. |
| Aaragvatha | Cassia fistula .. | Fr-P, Rt-Bk, Fl, Lf. |
| Tuvaraka | Hydnocarpus wightiana | Sd, Sd-Ol. |
| Baakuchee | Psoralea corylifolia | Sd, Sd-Ol. |
| Jaatee | Jasminum grandiflorum ... | Lf, Rt, Fl. |
| Madayantikaa | Lawsonia Inermis ... | Lf, Fl, Sd. |
| Kaakodumbara | Ficus hispida | Rt-Bk, Fr, Exd. |
| Saireyaka | Barleria species | Pl. |
| Chakramarda .. | Cassia tora .. . | Sd, Lf. |
| Yoothipamee | Rhinacanthus communis . | Lf, Rt, Sd. |

Karnya - Benefecial for hearing

| | | |
|-------------------|-------------------------|---------|
| Sudarsana | Crinum zeylanicum | Lf, Tr. |
| Paaribhadra | Erythrina indica .. | Bk, Lf. |

Kesya - Benefecial for hair

| | | |
|---------------------|----------------------------|-----------------|
| Naarikela .. | Cocos nucifera | Fr, Fl, Ol, Rt. |
| Tila | Sesamum indicum | Sd, Ol. |
| Bhrunga raaja | Wedelia calendulacea | Pl, Sd. |
| Neelinee | Indigofera tinctoria | Pl. |

Krumighna - Anthelmintics

| | | |
|---------------------|------------------------------|----------------------|
| Vidanga | Embelia ribes | Fr. |
| Palaasa | Butea frondosa | Bk, Lf, Fl, Sd, Exd. |
| Chouhaara | Artemisia maritima | Pl. |
| Ingudee | Balanites roxburghii | Bk, Fr-P, Sd, Sd-Ol. |
| Varvaree | Ocimum basilicum . | Rt, Lf, Sd |
| Aphasanteena . | Artemisia absinthium | Pl. |
| Keetamaaree | Aristolochia bracteata | Pl. |

Kotha prasamana - Impetigo pacifying drugs

| | | |
|---------------|----------------------------|-----|
| Garjana | Dipterocarpus alatus | Ol. |
|---------------|----------------------------|-----|

Laalaaprasekajanana - Saliva producing drugs

| | | |
|--------------|---------------------------|-----|
| Lankaa | Capsicum frutescens | Fr. |
|--------------|---------------------------|-----|

Lekhana (Kaarsana) - Reducing drugs

| | | |
|------------------|-------------------------------|-----|
| Chirabilva | holoptelia integrifolia | Bk. |
| Haimavatee | Iris versicolor | Rt. |

Medhya - Brain tonics

| | | |
|----------------------|------------------------------|--------------------|
| Mandookaparnae | Hydrocotyle asiatica | Pl. |
| Sankha pushpee | Convolvulus pluricaulis | Pl. |
| Jyothishmatee | Celastrus panniculata | Sd, Ol. |
| Kooshmaanda | Benincasa hispida | Fr, Sd, Lf, Sd-Ol. |
| Usthookhoodoos | Lavendula steachas | Fl, Lf. |

Madakaaree - Narcotics

| | | |
|----------------|----------------------|---------|
| Ahiphena | Papaver somniferum . | Fr-Exd. |
| Bhangaa | Cannabis sativa ... | Exd. |

Mukha durgandha naasana - Drugs for Foul smelling mouth

Lataakastooree .. Hibiscus abelmoschus .. Sd.

Mukha vaisadhyakaaraka - Mouth purifying drugs

Taamboola Piper bettle Lf.

Madhurakasamana - Hypoglycemic drugs

Madhunaasinee .. Gymnema sylvestre .. Lf, Rt, Sd.

Bimbee Coccinia indica ... PI.

Mootravirechneeya - Diuretics

Punarnavaa Boerhavia diffusa ... Rt, Sd, PI.

Gokshura Tribulus terrestris... Fr, Rt, PI.

Kusa Eragrostis cynasuroides... Rt.

kaasa Saccharum spontaneum .. Rt.

Sara Saccharum munja Rt.

Ikshu Saccharum officinarum .. St-Juice, Rt.

Bhoomyaamalakee .. Phyllanthus urinaria ... PI.

Kankola Piper cubeba .. Fr.

Hapushaa Juniperus communis Fr

Anaanaasa Ananas sativus Fr, Lf.

Bandaaka Loranthus longifolius ... Lf, FI

Trapusha Cucumis sativa Fr, Sd.

Karkatee Cucumis utilisissimus Fr, Sd.

Chanchu Corchorus acutangulus Lf, Sd.

Mootra sangrahaneeya - Anti diuretic drugs

Jamboo Eugenia jambolana ... Fr, Sd, Bk, Lf.

Aamra Mangifera indica .. Bk, Lf, FI, Fr, Fr-P

Vata Ficus bengalensis. Bk, Lf, Fr.

Udumbara Ficus glomerata ... Bk, Fr.

Asvattha Ficus religiosa .. Bk, Fr, Lf.

Plaksha Ficus lacor Bk

Beejaka Pterocarpus marsupium .. St, Exd.

Asana Terminalia tomentosa .. Bk, St.

Dhava Anogeissus latifolia ... Bk, St, Exd.

Tinisa Ougenia dalbergioides ... Bk, St, Exd.

Nidraajanana - Hypnotics

Sarpagandhaa Rauwolfia serpentina Rt.

Alaaboo Cucurbita lagenaria ... Fr, Sd, Lf

Netrya - Drugs which are benefecial for vision

Mameera Coptis teeta Rt.

Piyaaranga Thalictum fo. losum Rt.

Chakshushyaa Cassia absus .. Sd.

Kataka Strychnos pota orum ... Sd.

Nasya - Drugs which are benefecial for smelling

Kshavaka Centipeda orbicularis ... Sd.

Paachana - Digestives

| | | |
|-----------------------|-------------------------|------------------|
| Mustaka | Cyperus scariosus | Rt. |
| Moolaka | Raphanus sativus | Rt, Sd. |
| Eranda karkatee | Carica papaya | Fr, Lf, Exd, Sd. |

Pureesha janana - Drugs which produces bulky faeces

| | | |
|------------------|----------------------------|-------------|
| Maasha | Phaseolus roxburghii | Fr, Sd. |
| Tanduleeya | Amarantus gangeticus | Lf, Rt, Sd. |

Pittavirechana - Pitta eliminating drugs

| | | |
|-------------------|-------------------------|-----|
| Giriparpata | Podophyllum emodi | Rt. |
| Amlaparni | Rheum emodi | Rt. |
| Kumaaree | Aloe vera | Lf |

Pureesha virajaneeya - Feces decolourising drugs

| | | |
|-----------------|--------------------------|------------------|
| Sallakee | Boswellia serrata | Bk, Exd. |
| Saalmalee | Bombax malabaricum | Rt, Fl, Fr, Exd. |

Pitta saaraka - Pitta cathartics

| | | |
|--------------------|-------------------------------|-----------------|
| Daaruharidra | Berberis aristata | Rt, St, Fr. |
| Kaakamaachee | Solanum indicum | Pl, Fr. |
| Apaamaarga | Achyranthes aspera | Rt, Sd, Lf, Pl. |
| Kaalamegha | Andrographis paniculata | Pl |
| Dugdhaphenee | Taraxacum officinale | Rt |
| Kaasane | Cichorium intybus | Lf, Rt, Sd. |
| Paarijaata | Nyctanthes arborescens | Lf, Bk. |
| Damanaka | Artemisia sieversiana | Pl, Lf, Fl. |
| Saptachakra | Casearia esculanta | Rt, Bk |
| Kaakatundee | Asclepias curassavica | Rt, Lf, Fl. |

Pleeha doshaghna - Drugs which act against splenic disorders

| | | |
|-------------------|--------------------------|---------|
| Roheetaka | Tecomella undulata | Bk. |
| Sarapunkhaa | Tephrosia purpurea | Rt, Pl. |
| Jhaabuka | Tamarix gallica | Rt, Lf. |

Prajaasthaapana - Drugs which sustain Fetus

| | | |
|-------------------|---------------------------|-------|
| Doorvaa | Cynodon dactylon | Pl. |
| Kamala | Nelumbium speciosum | Pl. |
| Kumuda | Nymphaea lotus | Pl. |
| Kaseruka | Scirpus grossus | Tr. |
| Srungaataka | Trapaispinosa | Fr-P. |

Rakta stambhana - Drugs which hold the blood

| | | |
|--------------------|-------------------------------|----------------|
| Naagakesara | Mesua ferrea | Fl. |
| Surapunnaaga | Ochrocarpus longifolius | Fl. |
| Punnaaga | Calophyllum inophyllum | Bk, Sd, Ol |
| Japaa | Hibiscus rosasinensis | Fl. |
| Ernabeeja | Bryophyllum calycinum | Lf. |
| Aayaapana | Eupatorium ayapana | Pl. |
| Jhandu | Tagetes erecta | Lf. |
| Saaka | Tectona grandis | Bk, St, Lf, Sd |

| | | |
|---------------------|-------------------------|---------|
| Raktaniryaasa | Calamus draco | Exd. |
| Kukundara | Blumea lacera | Rt, lf. |
| Kumbhikaa | Pistia stratiotes | Pl. |

Rakta prasaadana - Blood clarifying drugs

| | | |
|-------------------|----------------------------|-----------------|
| Saarivaa | Hemidesmus indicus | Rt. |
| Manjishthaa | Rubia cordifolia | Rt |
| Chopcheenee | Smilax glabra | Tr. |
| Usabaa | Smilax zeylanica | Rt. |
| Mundee | Sphaeranthus indicus | Pl. |
| Sisapaa | Dalbergia sissoo | Lf, St, Bk, Rt. |
| Suranjaana | Colchicum luteum | Tr. |

Rasaayana - Body and mind promoting drugs

| | | |
|---------------------|----------------------------|-------------|
| Hareetakee | Terminalia chebula | Fr. |
| Aamalakee | Phyllanthus emblica | Fr. |
| Gudoochee | Tinospora cordifolia | St. |
| Aswagandhaa | Withania somnifera | Rt. |
| Vruddha daaru | Argyrea speciosa | Rt, St, Sd. |
| Gulasakaree | Grewia hirsuta | Rt |

Rochana - Stomachics

| | | |
|-----------------------|--------------------------|-------------------------|
| Aamraataka | Spondias mangifera | Fr, Bk, Lf. |
| Karmarda | Carissa carandus | Fr, Rt, Bk. |
| Vrukshaamla | Garcinia indica | Ol, Fr, Rt, Bk. |
| Amlavetasa | Citrus decumana | Fr, Lf. |
| Badara | Zizyphus sativa | Fr, Bk |
| Daadima | Punica granatum | Fr, Fr-Skin, Rt, Bk. |
| Maatulunga | Citrus medica | Fr, Rt, Bk, Fl, Sd, Ol. |
| Jambeera | Citrus medica | Fr, Bk, Lf. |
| Nimbooka | Citrus medica | Fr. |
| Mishta nimbooka | Citrus medica | Fr-Juice. |
| Naaranga | Citrus aurantium | Fr, Fl. |
| Bhavya | Dillenia indica | Pl. |
| Amlekaa | Tamarindus indica | Fr, Sd, Lf, Fl |
| Chaangeree | Oxalis corniculata | Pl. |
| Chukra | Rumex vesicarius | Pl, Sd. |
| Parooshaka | Grewia asiatica | Fr, Bk |
| Karmaranga | Averrhoa carambola | Fr. |
| Tintideeka | Rhus parviflora | Fr. |
| Lonikaa | Portulaca oleracea | Pl, Lf, Sd. |

Rasya - Benefecial for taste

| | | |
|----------------------|---------------------------|-----|
| Aakaarakarabha | Anacyclus pyrethrum | Rt. |
|----------------------|---------------------------|-----|

Samjnaasthaapana - Resuscitatives

| | | |
|--------------------|------------------------------|-----|
| Vachaa | Acorus calamus | Rt. |
| Jataamaamsee | Nordostachys jatamansi | Rt. |
| Katphala | Myrica nagi | Bk. |

Hingu Ferula narthex Exd.

Sveda janana - Diaphoretics

Vatsanaabha Aconitum ferox Rt.

Svedopaga - Helpful for diaphoretics

Sobhaanjana Moringa pterygosperma ... Bk, Lf, Sd, Ol.

Svedaapanayana - Anti diaphoretics

Useera Vetiveria zizanioidis ... Rt.

Snehopaga - Helpful for Uction

Draakshaa Vitis vinifera Fr.

Sleshmaataka Cordia myxa ... Bk, Fr.

Eeshadgol Plantago ovata Sd.

Sotha hara - Oedema alleviating drugs

Bilva Aegle marmelos Rt, Bk, Lf, Fr.

Agnimantha Clerodendron phlomidis . . Lf, Rt-Bk.

Syonaaka Oroxylum indicum Rt-Bk.

Paatalaa Stereospermum -
suaveolens Rt-Bk, Fl.

Gambhaaree Gmelina arborea Rt, Fr.

Maanakanda Alocasia indica Tr, St, Lf.

Vyaaghra nakhee Capparis zeylanica ... Rt.

Adhah pushpee Trichodesma indicum Pl, Rt

Sleshmahara - Kapha alleviating drugs

Bhibheetaka Terminalia belerica Fr.

Vaasaa Adhatoda vasica Rt, Lf, Fl.

Taaleesa Abies webbiana Lf.

Lavanga Caryophyllus aromaticus Fl-Buds.

Twak Cinnamomum zeylanicum Bk, Ol, Lf.

Yashteemadhu Glycyrrhiza glabra Rt.

Gojihvaa Onosma bracteatum ... Lf, Fl.

Rumee mastagee Pistacia lentiscus Exd.

Bola Balsamodendron myrrha.. Exd.

Ushaka Dorema ammoniacum Exd.

Lobaana Styra benzoin Exd.

Silhaka Altingia excelsa .. Exd.

Banaphsaa Viola odorata Fl, Pl.

Khoobkalaan Sisymbrium irio Sd.

Todaree Lepidium iberis Sd.

Khatmee Althoea officinalis Fl, Sd, Rt.

Joophaa Hyssopus officinalis Pl.

Svaasahara - Dyspnoea alleviating drugs

Satee Hedychium spicatum Tr.

Karchoora Curcuma zedoaria Tr, Lf.

Pushkaramoola Inula racemosa Rt.

Bhaarngae Clodendron serratum Rt.

Sleshmapootihara - Phlegm and pus alleviating drugs

| | | |
|--------------------|---------------------------|--------------|
| Sarala | Pinus longifolia | St, Exd, Ol. |
| Taila parnee | Eucalyptus rosteata | Lf, Exd. |

Sara - Laxatives

| | | |
|-------------------|---------------------------|-------------|
| Phalgu | Ficus carica | Fr. |
| Atasee | Linum usitatissimum | Sd, Ol, Fl. |
| Sikaakaayee | Acacia rugata | Fr, Lf. |
| Vaastooka | Chenopodium album | Pl, Sd. |
| Upodikaa | Basella rubra | Pl, Lf. |

Sramsana - Cathartics

| | | |
|--------------------|---------------------------|---------|
| Maarkandikaa | Cassia augustifolia | Lf, Fr. |
|--------------------|---------------------------|---------|

Sthambana - Holding drugs

| | | |
|---------------------|--------------------------|------------------|
| Kutaja | Holarrhena | |
| | antidysenterica | Bk, Sd. |
| Dhaataakee | Woodfordia fruticosa .. | Fl. |
| Babboola | Acacia arabica | Bk, Fr, Lf, Exd. |
| Aavartakee .. | Cassia auriculata | Bk, Fl, Sd. |
| Dhanvana | Grevia tilieafolia .. | Bk. |
| Aavartanee | Helicteres isora | Rt, Bk, Fr. |
| kapittha | Feronia elephantum .. | Bk, Fr, Lf. |
| Samee | Prosopis specigera | Bk, Fr. |
| Maayaaphala .. | Quercus infectoria | Insect nest. |
| Kadalee | Musa sapientum | Fr, Fl, St. |
| Mayoorasikhaa .. | Adiantum caudatum | Pl. |
| Aakaasavallee | Cuscuta reflexa | St, Sd. |

Soola prasamana - Abdominal pain relieving drugs

| | | |
|--------------------|---------------------------|-----|
| Yavaanee | Carumcopticum | Sd. |
| Ajamodaa | Carum roxburghianum | Sd. |
| Chandrasoora | Lepidium sativum | Sd. |

Samsodhana - Drugs for act of purification

| | | |
|------------------|----------------------|-----|
| Devadaalee | Luffa echinata | Fr. |
|------------------|----------------------|-----|

Stanya janana - Galactogogues

| | | |
|---------------|--------------------------|-------------|
| Nala | Arundo donax | Rt. |
| Rohisha | Cymbopogon martini | Rt, Lf, Ol. |

Stanya samana - Galacto pacificating drugs

| | | |
|----------------|-----------------------|-------------|
| Mallikaa | Jasminum sambac | Rt, Lf, Fl. |
|----------------|-----------------------|-------------|

Stanya sodhana - Galacto depurants

| | | |
|---------------|------------------------|-----|
| Paathaa | Cissampelos pareira .. | Rt. |
|---------------|------------------------|-----|

Sukra janana - Semen producing drugs

| | | |
|-------------------|----------------------------|-------------|
| Musalee | Asparagus adscendens .. | Tr. |
| Sataavaree | Asparagus racemosus .. | Tr. |
| Makhaanaa .. | Euryale ferox | Fr. |
| Kokelaaksha | Asteracantha longifolia .. | Rt, Lf, Sd. |
| Munjaataka | Eulophia compestris | Tr. |

| | | |
|---------------------|------------------------|----------------|
| Kapikachchhoo | Mucuna pruriens | Sd, Rt, Hairs. |
| Utangana | Blepharis idulis | Sd. |

Sukra sodhana - Semen purifying drugs

| | | |
|---------------|-----------------------|-----|
| Kushtha | Saussurea lappa | Rt. |
|---------------|-----------------------|-----|

Santaapa nivaaraka - Anti pyretics

| | | |
|-----------------|------------------------|---------|
| Sahadevee | Vernonia cineria | Pl, Rt. |
|-----------------|------------------------|---------|

Seeta prasamana - Drugs which pacify cold

| | | |
|-------------------------|----------------------------|--------|
| Aguru | Aquilaria agallocha | St, Ol |
| Daryaayee nariyal | Lodoicea seychellarum | Fr-P. |

Sandhaaneeya - Union promoting drugs

| | | |
|----------------|---------------------|---------|
| Lajjaalu | mimosa pudica | Pl, Rt. |
|----------------|---------------------|---------|

Trushnaa nigrhana - Anti dyspeptic drugs

| | | |
|----------------------|--------------------------|----------|
| Yavaasa | Alhagi camelorum | Pl, Exd. |
| Dhanvayaasa | Fagonia arobica | Pl. |
| Parpata | Fumaria parviflora | Pl. |
| Dhaanyaka | Coriandrum sativum | Fr, Pl. |
| Aaloobukhaaraa | Prunus communis | Fr. |

Truptighna - Anti saturative drugs

| | | |
|---------------|-------------------------|---------|
| Sunthee | Zingiber officinale ... | Rz. |
| Chavya | Piper chava | Rt, Fl. |

Udarda prasamana - Urticaria pacifying drugs

| | | |
|----------------|----------------------------|--------------------|
| Tinduka | Diospyros embryopteris ... | Bk, Fr, Sd, Sd-Ol. |
| Priyaala | Buchanania latifolia | Bk, Enm. |

Upavisha - Poisons, a class of

| | | |
|--------------|-------------------------|-------------|
| Gunjaa | Abrus precatorius | Sd, Rt, Lf. |
|--------------|-------------------------|-------------|

Vedanaasthaapana - Analgesics / Anodynes

| | | |
|------------------------|---------------------------|-----------------|
| Saala | Shorea robusta | Bk, Exd. |
| Sarja | Vateria indica | Bk, Exd. |
| Kadamba | Anthocephalus cadamba .. | Bk, Lf, Fr. |
| Padmaka | Prunus cirasoides | Bk, Sd. |
| Vetasa | Salix caprea | Bk, Fl. |
| Jalavetasa | Salix tetrasperma | Bk, Fl. |
| Soochee | Atropa belladonna | Lf, Rt. |
| Paaraseeka yavaanee .. | Hyoscyamus reticulatus .. | Lf, Sd. |
| Guggulu | Balsamodendron mukul ... | Exd. |
| Eranda | Ricinus communis | Rt, Lf, Sd, Ol. |
| Ankola | Alangium lamarckii | Rt, Bk, Sd. |
| Prasaarinee | Paederia foetida | Pl. |
| Tagara | Valeriana wallichii | Rt. |
| Nirgundee | Vitex negundo | Lf, Rt, Sd. |
| Palaandu | Allium cipa | Tr, Sd. |
| Rasona | Allium sativum | Tr, Ol. |
| Devadaaru | Cedrus deodara | St-Exd. |
| Medaasaka | Litsea chinensis | Bk. |

Muchakunda Pterospermum
suberifolium Fl.

Vidaahee - Burning and acidity causing drugs in stomach

Raajikaa Brassica juncea Sd, Ol.
Ajagandhaa Gynandropsis pentaphylla Sd, Lf, Rt.

Varnya - Drugs which are benefecial for complexion

Kunkuma Crocus sativa Fl.
Ketaka Pandanus tectorius Fl, Rt.

Vamana - Emetic drugs

Madanaphala Randia dumetorum Fr, Sd, Bk.
Ikshvaaku Lagenaria vulgaris .. Fr, Sd, Lf.
Daamaargava Luffa aegyptiaca Fr, Fl, Lf.
Kosaatakee Luffa amara Fr, Fl, Lf.
Arishtaka Sapindus trifoliata Fr.

Vamanopaga - Drugs helpful for emesis

Hijjala Barringtonia acutangula ... Fr, Rt, Lf.
Sana pushpee Crotalaria verrucosa Rt, Lf.

Vaataanulomana - Carminatives

Pipermint Mentha piperita Pl, Ol.
Poothihaar (Pudeenaa) ... Mentha viridis Lf, Ol.
Maruvaka Origanum majorana Pl.
Satapushpaa Foeniculum capillaecam .. Sd, Sd-Ol, Rt.
Misreyaa Peucedanum groveolens .. Sd, Sd-Ol, Rt.
Naadee hingu Gardenia gummifera Exd.

Vishtambhee - Drugs which causes Distention

Panasa Artocarpus integrifolia Fr, Lf, Rt.
Lakucha Artocarpus lakoocha Fr, Bk.

Virechana - Purgatives

Dantee Baliospermum montanum Rt, Sd, Lf.
Jayapaala Croton tiglium Sd, Sd-Ol.
Snuhee Euphorbia neriifolia Rt, St, Lf, Exd.

Virechnopaga - Drugs which are helpful in the act of purgation

Peelu Salvadora persica Fr, Sd, Lf, Rt-Bk.

Vrana sodhana - Drugs which purify the wounds

Gaangerukee Grewia populifolia Bk, Rt.

Vikaasee - Depression and slackness causing drugs

Pooga Areca catechu Fr.

Vishaghna - Poison destroying drugs

Sireesha Albizzia lebbeck Bk, Sd, Lf, Fl
Nirvishaa Delphinium denudatum ... Rt.
Chilahinta Cocculus hirsutus Rt, Lf.

Vrana ropana - Wound healing drugs

Maamsa rohinee Soyimida febrifuga Bk.

AYURVEDIC COLLEGES IN INDIA

A. UNDER GRADUATE COLLEGES

(Recognised by CCIM)

ANDHRA PRADESH

1. Dr.BRKR Govt.Ayurvedic College, S.R.Nagar,Erragadda, Hyderabad-500 038 (A.P.)
2. Dr.NR Sastry Govt Ayurved College, Bandar Road, Vijayawada-520 002 (A.P.)
3. S.V. Ayurved College, T.T.Devasthanams, Tirupati - 517 501 (A.P.)
4. Anantha Laxmi Govt. Ayurved College, Station Road, Warangal - 506 002, (A P.)

ASSAM

5. Govt Ayurved College, Harbala Road, Ulubari Guwahati - 781 001 (Assam)

BIHAR

- 6 Govt Ayurved College, Kadam Kuan, Patna - 800 003 (Bihar)
7. Sri Yatindra Narayan Ashtang, Bhagalpur - 812 006 (Bihar)
8. Ravindernath Mukherji Ayurved Mahavidyalaya, Dist. Champaran, Motihari - 845 401 (Bihar)
- 9 Rajkiya Ayodhya Shivkumari Ayurved Mahavidyalaya, Begusarai - 850 101 (Bihar)
- 10 Swami Raghavandracharya Ayurved Mahavidyalaya, Karjara Station, P.O. Manjholi Gaya - 823 001 (Bihar)
11. PBN Institute of Indian Medical Sciences, Ranti Road, Madhubani -847 211 (Bihar)
12. Rajkiya Maharani Rameshwari Bhartiya Chikitsa Vigyan Sansthan, Mohanpur - 846 007 (Darbhanga)(Bihar)
13. Ayurved Mahavidyalaya, Gaya 823 991 (Bihar)
14. Shri Moti Singh Jageshwari Ayurved Mahavidyalaya, Chhapra - 841 301 (Bihar)
- 15 Shri Dhanwantri Ayurved Mahavidyalaya, Ahiroli, Buxar, Bhojpur - 802 101
16. Nitishwar Bhartiya Chikitsa Vigyan Sansthan & Hospital, Mukherjee Seminar Campus, Harisabha Chowk, Ramna, Muzaffarpur - 842 002 (Bihar)
17. Dayanand Ayurved Medical College & Hospital, Siwan - 841 221 (Bihar)
18. Government Dharam Samaj Sanskrit Mahavidyalaya, Muzaffarpur (Bihar)

DELHI

19. Ayurved & Unani Tibbia College, Ajmal Khan Road, Karol Bagh, New Delhi - 110 005

GUJARAT

20. Govt Akhandanand Ayurved College, Opp.Victoria Garden Bhadra, Ahmedabad - 380 001 (Gujarat)
21. JS Ayurved Mahavidyalaya, College Road, Nadiad - 387 001 (Gujarat)

22. Govt. Ayurved College, Ajwa Road, Baroda - 390 001 (Gujarat)
23. Aryakanya Shuddha Ayurved Mahavidyalaya, Kareli Bagh, Vadodara - 390 018 (Gujarat)
24. Seth JP Govt. Ayurved Mahavidyalaya, Opp Sardar Bagh Bhadra, Bhavnagar - 364 001 (Gujarat)
25. Govt. Ayurved College, Sadar Bagh, Junagarh - 362 001 (Gujarat)
26. Shri Balahanuman Ayurved Mahavidyalaya, At & Post Lodra - 382 835 Dist Mehsana (North Gujarat)
27. Shri OH Nazar Ayurved College, Near Railway Station, Shri Swami Atmanand Saraswati Road, Surat - 395 003 (Gujarat)
28. Shri Gulab Kunverba Ayurved Mahavidyalaya, Dhanwantri Mandir, Jamnagar - 361 008 (Gujarat)

HARYANA

29. Shri Mastnath Ayurved College, Asthal Bohar, Rohtak - 124 001 (Haryana)
30. Shri Maru Singh Memorial Mahila Ayurved Degree College, Kanya Gurukul, Khanpur Kalan - 124 301 (Sonapat) Haryana.
31. Shri Krishna Govt. Ayurved College, Kurukshetra - 132 118 (Haryana)
32. Gaur Brahman Ayurved College, Rohtak - 124 001 (Haryana)

HIMACHAL PRADESH

33. Rajkiya Ayurved Mahavidyalaya, Paprola - 176 115. Dist. Kangra (H P)

KARNATAKA

34. Govt. College of Indian Medicine & Hospital, Vishweshwariah Circle, Sayau Rao Road, Mysore - 570 021 (Karnataka)
35. ALN Rao Memorial Ayurved Medical College, Koppa - 577 126. Dist. Chickmagalore (Karnataka)
36. Govt. College of Indian Medicine, Dhanvantari Road, Bangalore - 560 009 (Karnataka)
37. Govt. Taranath Ayurved College, Anantapur Road, Bellary - 583 101. (Karnataka)
38. AV Samiti's Ayurved Maha vidyalaya, Bijapur - 586 101 (Karnataka)
39. Karnataka Liberal Education Society, Shri BM Kankanwadi Ayurved Maha vidyalaya, Shahapur, Belgaum - 590 003 (Karnataka)
40. Ayurved Mahavidyalaya, Heggeri Extension, Old Hubli - 580 024. (Karnataka)
41. Sh. DM College of Ayurveda, Udupi - 576 101. (Karnataka)

KERALA

42. Govt. Ayurveda College, Dhanwantari Nagar, Tripunithura - 682 301. Ernakulam Dist (Kerala)
43. Govt. Ayurveda College, MG Road, Thiruvananthapuram - 695 001 (Kerala)
44. VPS Varier Ayurveda College, Kottakkal, Edarikode P.O. - 676 501 Malappuram Dist (Kerala)
45. Vaidyaratnam Ayurveda College, Ollur - Thikkattussery, Trichur - 680 322. (Kerala)

MADHYA PRADESH

46. Govt. Ayurvedic College, Raipur - 492 001 (M P)
47. Govt. Ayurvedic College, Gwalior - 473 001. (M P.)
48. Govt. Ayurvedic College, Gorakhpur, Jabalpur - 482 001. (M.P.)
50. Govt. Dhanwantri Ayurved College, Mangalnath Road, Ujjain - 456 001 (M P)

- 51 Govt. Ashtang Ayurved Mahavidyalaya & Hospital, Lok Manyanagar, Indore - 420 009 (M.P.)
52. Govt Ayurved College, Rewa - 486 001 (M.P.)

MAHARASHTRA

53. RA Poder Medical College, (Ayurved), Worli, Bombay - 400 018. (Maharashtra)
54. Smt. KG Mittal Punarvasu Ayurved College, Netaji Subhash Road, Bombay - 400 002. (Maharashtra)
55 Ayurved Mahavidyalaya, Near Sion Railway Station, Sion, Bombay - 400 022. (Maharashtra)
56. Govt Ayurved College, Wazirabad, Nanded - 431 601 (Maharashtra)
57 Govt Ayurvedic College, Tuijapur Road, Madhban, Osmanabad - 413 501. (Maharashtra)
58. Govt Ayurved Mahavidyalaya, Raje Raghuj Nagar, Nagpur - 440 001. (Maharashtra)
59 Shri Ayurved Mahavidyalaya, Dhanwantri Marg, Hanuman Nagar, Nagpur - 440 009. (Maharashtra)
60. Shri Radha Krishna Toshniwal Ayurved Mahavidyalaya, Station Road, Akola - 444 001 (Maharashtra)
61 Vidarbha Ayurved Mahavidyalaya, Hanuman Nagar, Amrawati - 444 605 (Maharashtra)
62. Shri Gurudev Ayurved Mahavidyalaya, Gurukunj Ashram (Mozari), Amrawati - 444 601. (Maharashtra)
63 DMM Ayurved Mahavidyalaya, Aarni Road, Shivaji Nagar, Yeotmal - 445 001 (Maharashtra)
64 Tilak Ayurved Mahavidyalaya, 583/2, Rasta peth, Pune - 411 011. (Maharashtra)
65 Ashtang Ayurved Mahavidyalaya, 2062, Sadashiv Peth, Vijayanagar Colony, Pune - 411 030. (Maharashtra)
66. Ayurved Mahavidyalaya, Ganeshwadi, Panchavati, Nasik - 422 003. (Maharashtra)
67 Sh. Gangadhar Shastri Gune Ayurved Mahavidyalaya, Vishrambag, Ahmednagar - 414 001. (Maharashtra)
68 Karmavir Vyankatrao Tanaji Randhir Ayurved College, Boradi - 401 701 Tal. Shirpur, Dist. Dhule, (Maharashtra)
69. Vasant Dada Patil Ayurved Medical College, South Shivaji nagar, Sangli - 416 416. (Maharashtra)
70. Ayurved Mahavidyalaya (Shri Shivaji Nagar) Tal. Rahuri, Rahuri Factory - 413 796. Dist. Ahmednagar. (Maharashtra)
71 Maharashtra Arogya Mandal, Hadapsar - 411 028 Pune (Maharashtra)
72 Seth Chandanmal Mutha Aryangla Vaidyak Mahavidyalaya, Cendamal, Satara - 415 001. (Maharashtra)
73. Seth Govindji Raoji Ayurved Mahavidyalaya, 21/A/13, Budhwar Peth, Samarat Chowk, Sholapur - 413 002. (Maharashtra)
74. Vasant Kusum's Rural Yog & Ayurved Sanshodhan Paratishthanam's Sidh Kalan Ayurved Mahavidyalaya, Nehru Chowk, Sangamner - 422 605 Dist Ahmednagar. (Maharashtra)
75 Sangam Sewabhavi Trust's Ayurved Mahavidyalaya, S/o Sanjeevan Hospital, Nasik Poona Road, Sangamner - 422 605 (Maharashtra)
76 Chaitanya Ayurved Mahavidyalaya, Sakegaon, Bhusawal - 425 201 (Maharashtra)
77. Ganga Educational Society's Ayurved Medical College, Kolhapur - 416 012 (Maharashtra)

- 78 Yashwant Shikshan Prasark Mandal's Shri Yashwant Ayurved College, At & Post Kedali - 416 114 Tal. Panhala, Dist. Kolhapur. (Maharashtra)
79. Hanuman Shikshan Prasark Mandal's Ayurved Mahavidyalaya, Peth Vadagaon, Tq. Hatkanagala, Dist. Kolhapur (Maharashtra)
- 80 Yerala Medical Trust & Research Centre's Ayurved Medical College, Bombay - 400 012. (Maharashtra)

ORISSA

81. Gopabandhu Ayurved Mahavidyalaya, Puri - 752 002 (Orissa)
- 82 Kaviraj Ananta Tripathy Sarma Ayurved College, Ankushpur - 761 100 Ganjam. (Orissa)
- 83 Govt. Ayurved College & Hospital, Balanagir - 767 001. (Orissa)
84. Shri Nrusinghanath Ayurved College & Research Institute, Nrusinghnath P.O. Paikmal, Dist. Sambalpur - 768 029. (Orissa)

PUNJAB

85. Govt. Ayurved College, Patiala - 147 001. (Punjab)
- 86 Shri Laxminarayan Ayurved College, Sant Tulsidas Marg, Amritsar - 143 001. (Punjab)
87. Shri Dhanwantry Ayurved College & Pandit Kedarnath Memorial Ayurved Hospital, Sector 46-B, Chandigarh - 160 017. (Punjab)
88. Dayanand Ayurved College, Mahatma Hansraj Marg, Jalandhar City - 144 008 (Punjab)
- 89 S S M D. Ayurved College & Hospital, G.T. Road, Moga - 142 001 (Punjab)

RAJASTHAN

- 90 National Institute of Ayurved, Madhav Vilas Palace, Amer Road, Jaipur - 302 002. (Rajasthan)
- 91 M.M M Govt. Ayurved Mahavidyalaya, Udaipur - 313 001 (Rajasthan)
- 92 Parsurampuriya Ayurved College, Sikar - 332 001 (Rajasthan)
93. Mohita Ayurved Mahavidyalaya, Sadulpur - 331 023, Dist. Churu, (Rajasthan)
- 94 Shri Bhanwar Lal Dugar Ayurved Vishwabharati (Gandhi Vidya Mandir), Sardar Shehar - 331 403, Dist. Churu, (Rajasthan)

TAMILNADU

- 95 Shri Venkataramana Ayurved College, 144, Kutchery Road, Mylapore, Madras - 600 004. (Tamilnadu)
- 96 Ayurved College, Pathanjali puri, Thadgam (via), Coimbatore - 641 108 (Tamilnadu)

UTTAR PRADESH

- 97 State Ayurved College, Tulsidas Marg, Lucknow - 226 004 (Uttar Pradesh)
- 98 Govt. Rishikul Ayurved College, Haridwar - 249 401. (Uttar Pradesh)
- 99 Govt. Gurukul Ayurved College, Gurukul Kangari, Haridwar - 249 404 (U.P.)
100. Rajkya Lalit Hari Ayurved College, Pilibhit - 262 001. (Uttar Pradesh)
101. Bundelkhand Govt. Ayurved College, Jhansi - 294 001. (Uttar Pradesh)
102. Govt. Ayurved College, Atarra - 210 201. Dist. Banda, (Uttar Pradesh)
- 103 SRM Govt. Ayurved College, Baeilly - 243 001. (Uttar Pradesh)
104. Swami Kalyandev Govt. Ayurved College, Rampur, Muzaffar Nagar, (U P)
105. Lal Bahadur Shastri Govt. Ayurved Mahavidyalaya, Handia - 221 503 (Allahabad) (Uttar Pradesh)

B. POST GRADUATE COLLEGES**Name & Address****Courses****Andhra pradesh**

- | | |
|--|--|
| 1. Dr. BRKR Govt. Ayurvedic college, S. R. Nagar, Hyderabad - 500 038. (A.P) | 1. Shalya 2. Shalakya 4. Kaya chikitsa 5. Dravya guna |
|--|--|

Bihar

- | | |
|---|-----------------------------------|
| 2. Govt. Ayurved college, Kadam kuan, Patna - 800 003. (Bihar) | 1. Dravya guna 2. Rasa shastra |
|---|-----------------------------------|

Gujarat

- | | |
|--|---|
| 3. Institute of post-graduate training & research, Gujarat Ayurved University, Jamnagar - 361 001. | 1. Dravya guna 2. Kaumar bhritya 3 Kaya chikitsa 4. Maulik siddhant 5. Rasa shastra and Bhaishajya kalpana 6. Shalakya tantra 7. Shalya tantra |
| 4. Govt. Akhandanand Ayu. College, Opp. Victoria Garden, Bhadra, Ahmedabad - 380 001. | 1. Kaya chikitsa |

Karnataka

- | | |
|--|--|
| 5. A. V. Samiti Ayurved Mahavidyalaya, Bijapur - 586 101. | 1. Rasa shastra 2. Bhaishajya kalpana |
| 6. Govt. College of Indian Medicine & Hospital, Vishweshwariah Circle, Sayaj rao Road, Mysore - 570 021. | 1. Kaya chikitsa |
| 7. Govt. College of Indian Medicine, Dhanwantri Road, Bangalore - 560 009. | 1. Dravya guna 2. Shalya tantra 3. Shalakya tantra |

Kerala

- | | |
|---|---|
| 8. Govt. Ayurved College, M. G. Road, Thiruvananthapuram - 695 001. | 1. Shalya shalakya 2. Kaya chikitsa 3. Rasashastra & Bhaishajya kalpana 4 Dravya guna 5 Swasthvritta 6. Prasutitantra & |
|---|---|

Strirog

7. Basic principles

Madhya pradesh

9. Govt. Ayurved College, Gwalior - 1.

1. Sharir kriya

10. Govt. Ayurved College, Raipur - 1.

1. Kaya chikitsa

Maharashtra11. Govt. Ayurved College, Vazirabad,
Nanded - 431 601.

1. Ayurved samhita & Ayurved siddhant and darsana
2. Sharir rachana
3. Sharir kriya
4. Dravyaguna
5. Prasuti tantra
6. Kaumarbharitya
7. Vikrati vigyan
8. Manovigyana & Manasroga
9. Shalakya tantra
10. Shalya tantra
11. Kaya chikitsa
12. Rasa shastra
13. Swasthvritta (Dip.)

12. Govt Ayurved College,
Raje Raghuji Nagar,
Nagpur - 440 001.

1. kaya chikitsa
2. Sharir kriya
3. Shalya tantra
4. Sharir rachana
5. Ayurved itihas
6. Kaumar bharitya
7. Ras shastra
8. Agad tantra (Dip.)

13. Shri Ayurved Mahavidyalaya,
Dhanwantri marg, Hanuman Nagar,
Nagpur - 440 009.

1. Samhita
2. Kaya chikitsa
3. Sharir rachana
4. Sharir kriya
5. Rasa shastra
6. Shalya tantra
7. Shalakya tantra
8. Dravyaguna
9. Rognidan & Vikrutivigyan
10. Swasthvritta
11. Panch karma

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|---|--|
| | 12. Prasuti & Striroga |
| | 13. Kaumarbhritya |
| 14. R. A. Podar Ayurved College, Worli, Bombay - 400 018. | 1. Kaya chikitsa 2. Rasa shastra & Bhaishajya kalpana 3. Shalya tantra 4. Prasuti tantra & Stri roga 5. Dravya guna 6. Shalakya tantra 7. Ayurved samhita 8. Sharir kriya |
| 15. Smt. K.G. Mittal Punarvasu Ayurved Mahavidyalaya, Netaji Subhash Road, Bombay - 400 002. | 1. Kaya chikitsa 2. Samhita 3. Dravya guna 4. Ras shastra |
| 16. Ayurved Mahavidyalaya, Near Sion Rly. Station, Sion, Bombay - 400 022. | 1. Dravya guna 2. Kaya chikitsa, 3. Ay. Siddhant & Samhita |
| 17. Shri Gangadhar Shastri Gune Ayurved Mahavidyalaya, Vishrambag, Ahmednagar-414 001. | 1. Kaya chikitsa 2. Stri roga 3. Pancha karma (Dip.) |
| 18. Ayurved Mahavidyalaya, Ganeshwadi, Panchavati, Nashik - 422 003. | 1. Kaya chikitsa 2. Shalya tantra 3. Pancha karma (Dip.) (Ph. D) |
| 19. Ashtang Ayurved Mahavidyalaya, 2602, Sadashiv peth, Vijayanagar Colony, Pune - 411 030. | 1. Kaya chikitsa & Nidan 2. Shalya shalakya 3. Sharir rachna & Kriya 4. Samhita siddhant |
| 20. Tilak Ayurved Mahavidyalaya, 583/2, Rastra peth, Pune - 411 011. | 1. Kaya chikitsa 2. Roga vigyan 3. Prasuti tantra (Stri roga) 4. Dravya guna 5. Rasa shastra 6. Sharir rachana 7. Sharir kriya (Diploma) |

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|--|---|
| | 1. Panch karma |
| | 2. Swastha vritta |
| | 3. Agad tantra |
| | 4. Rasayan vajikaran |
| | 5. Netra roga |
| | 6. Shalakya tantra |
| | 7. Prasuti tantra |
| 21. Shri Grudev Ayurved Mahavidyalaya, Gurukunj Ashram - 444 601. Distt. Amrawati | 1. Samhita 2. Rasa shastra & Bhaishajya kalpana 3. Kaya chikitsa |
| 22. Vidarbha Ayurved Mahavidyalaya, Hanuman Nagar, Amrawati - 444 001. | 1. Kaya chikitsa 2. Shalya tantra 3. Shalakya tantra 4. Swasth vritta (Dip.) |
| 23. D.H.M. Ayurved Mahavidyalaya, Aarni Road, Shivaji Nagar, Yeotmal - 445 001. | 1. Kaya chikitsa 2. Swasth vritta (Dip.) |
| 24. Shri Radhakrishna Toshniwaley Ayurved Mahavidyalaya, Station Road, Akola - 444 001. | 1. Sharir rachna 2. Shalya tantra 3. Samhita siddhant 4. Kaya chikitsa 5. Swasthvritta (Dip.) |
| 25. Seth chandanmal Mutha Aryangal Vaidyak Mahavidyalaya, Gandamal, Satara - 415 001. | 1. Kaya chikitsa 2. Sharir rachna 3. Prasuti tantra & Striroga |
| Orissa | |
| 26. Gopabandhu Ayurved Mahavidyalaya, Puri - 752 002. | 1. Kaya chikitsa |
| Punjab | |
| 27. Govt. Ayurved Mahavidyalaya, Patiala - 147 001. | 1. Dravya guna 2. Ras shastra & Bhaishajya kalpana |
| Rajasthan | |
| 28. National Institute of Ayurved, Madhav Vilas Palace, Amer road, Jaipur - 302 002. | 1. Kaya chikitsa 2. Rasa shastra & Bhaishajya kalpana 3. Dravya guna 4. Samhitas |

5. Shareer rachna
6. Vikriti vigyan
7. Shalya tantra
8. kaumar bhritya
9. Shareer kriya

29. MMM. Govt. Ayurved Mahavidyalaya, Udaipur - 313 001.

1. Ras shastrā & Bhaishajya kalpana
2. Dravya guna
3. kaya chikitsa

Utter pradesh

30. Rajkiya Lalithari Ayurved College, Pilibhit - 262 001.

1. Dravya guna

31. Govt. Rishikul Ayurved College, Haridwar - 249 401.

1. Rasa shastra

32. Institue of medical Sciences, Banarus Hindu University, BHU, Varanasi

1. Ayurved Darshan Siddhant
2. Swasthvritta & Yoga
3. Shareer knya
4. Shareer rachna
5. Dravya guna
6. Rasa shastra
7. Kaya chikitsa
8. Vikriti vigyan
9. Manas roga
10. Kaumarbhritya
11. Prasuti tantra&Striroga
12. Ayurved samhita
13. Shalya
14. Shalya (Sangya haran)
15. Shalakya

33. State Ayurved College, Tulsidas Marg, Lucknow - 226 004.

1. Sharir
2. Kaya chikitsa

West Bengal

34. Shyamadas Vaidya Shastrapeeth, 294/3/1, Acharya Prafulla Chandra Road, Calcutta - 700 004.

1. Samhita and Sharir
2. Dravyaguna
3. Roga vigyan & Vikriti vigyan

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5.Rajmahal, Sir M.V . Road, Andheri (E) Bombay-69.

Phone : 834 1886

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TABS / SYRUP DROPS.
3. **ACTI FORTE**
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FARTAL

—

GASREX

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DYMOBIK

DIAMEBA

LUCOJA

LIPIDSOL

LOSUBIT

—

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SEDIKAL

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Sciatica & Muscular pain
Liver Re-generation.
- General tonic for Debility.
- Vim & Vigor
- Cold, Cough, Bronchitis &
Asthma
- Brain tonic
- Loss of Appetite, Digestion
- Strong Laxative
- Influenza, Cold, Fever &
Body pain etc.
- For Calcium & Iron
- For treatment of
Scanty Mensuration
- Safe and Sure Carminative.
- For Gases.
- Purification of Blood.
- Anti Diarrhoeal
- Compound.
- Leucorrhoea
- For Slimming.
- For Diabetes.
- Piles and Fistula.
- Hypertension &
Sound - Sleep.
- Treatment of Insomnia
- All types of Worms.

ADDRESS INDEX

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Ajanta Pharmaceuticals Ltd.,

21, Satyam, 318. Linking road Khar(W), Bombay 400 052

Ajmera Pharmaceuticals (P) Ltd.,

Polo Ground, Indore - 452 003.

Alarsin House,

A/32, Road No. 3, MIDC, Opp. ESIS Hosp., Andheri (E),
Bombay - 400 093.

Amrita Drugs,

16-11-16-2/A, Plot No. 33, Sripuram Colony, Malakpet,
Hyderabad - 500 036.

Amrut Pharmaceuticals,

Amrut Nagar, Hindalga, Belgaum - 591 108.

Amrutanjan Limited,

Plot No.14, Industrial Development Area, Uppal, Hyderabad-500 039.

Ancient Pharma,

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Madurai - 625 009.

Ansar Drug Laboratories,

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Anuja Laboratories,

5, Rajmahal Shopping Centre, M.V. Road, Andheri (E),
Bombay - 400 069.

Anuja Pharmaceuticals,

5, Rajmahal shopping centre, 55-E, Sir M.V. Road, Andheri (E)
Bombay - 400 059.

Arco Pharma,

Post Box No. 557, Gandhi Nagar, Gymkhana Club Road,
Vijayawada - 520 003.

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35/A/5, Fort, Industrial Estate, Indore - 452 006.

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Arya Vaidyasala,

Kottakkal, Kerala.

Ashwini Pharmaceuticals,

Bhakti Nagar, Station Road No.2, Rajkot - 360 002.

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L-6, Sidco Industrial Estate, Villivakkam, Madras - 49.

Aswathy Pharmaceuticals,

Thiruvalla - 689 107, Kerala.

Aswini Laboratories,

Plot No. 104, Road No. 17, Snehapuri Colony, Hyderabad - 500 035.

Aswini Pharmaceuticals,

5-283, H.P. Road, Moosapet, Hyderabad-500 018.

Atreya Aushada Samsthan,

17-1-196, Madannapet, Dhanvantary puram, (Dhobighat),
Hyderabad - 500 059.

Atreya Ayurvedic Pharmacy,

P.Box No. 20, Delhi Road, Badot. PIN - 250 611.

Atreya Mahila Udyog,

16-83, Nehru Nagar, Ramantapur, Hyderabad. (A.P.)

Aushadhi Bhavan,

Ayurveda Seva Sangh, Panchvati, Nashik - 422 003.

Ayulabs Pvt. Ltd.,

Gondal Road, (vavdi), Rajkot, PIN-360 004.

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Ayurveda Nilayam,

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Ayurvedashramam Pvt. Ltd.,

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250, 1st Mainroad Defence colony, Indira Nagar, Bangalore-560 038.

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Udaipur - 313 001.

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Charak Pharmaceuticals P. Ltd.,

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Chicago chemical & Pharmaceutical Works,

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(A.P.)

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Ghaziabad, (U.P.)

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Payangadi, Kannoor - 670 358

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5, College vadi, Rajkot - 360 001.

Pearl Pharmaceuticals,

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Pearl Pharmaceuticals,

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Pharmaids Pharmaceuticals Limited,

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Pharmaids Pharmaceuticals,

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Hyderabad - 500 028. (A.P.)

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Phytopharma,

Plot No. 3, 'E', Torana Nagar, Sagarmal, Kolhapur - 416 008.

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Medak Dist. - 502 313. (A.P.)

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Ramakrishna Pharmaceuticals,

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Ramakrishna Vidyut Ayurvedic Pharmacy,

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Ramtirth International (Shri),

Gopalapuram Chungam, Mannur Post, Pollachi Taluka,
Tamilnadu - 642 005.

Ramtirth Yogashram, (Shri),

Dadar (East), Bombay - 400 014.

Rao's Herbal Pharma Pvt Ltd., (Dr.),

P.B. No. 584, Vijayawada - 520 003.

Rasashram Pharma Laboratories, (Shree)

Gondal - 360 311. Gujarat.

Ratna Ayurvedic Products,

Medak - 502 110. (A.P.)

Reliance Formulations Pvt. Ltd.,

7/2-A, GIDC Estate, Phase - 1, Vatva, Ahmedabad -382 445.

Remedies Pharmaceuticals,

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Bombay - 400 031.

Retort Pharmaceuticals Pvt. Ltd.,

21, Mc Nichlos Road, Chet put, Madras - 600 031.

S.D.Pharmacy,

H.O.Allappuzha, Kerala

Sagar Pharmaceuticals,

Varada, 375, 1st 'B' Main 1st Phase, Giri Nagar, Banglore - 560 085.

Sai Pharmaceuticals, (Sri),

6-1-338/B, Padma Rao Nagar, Secunderabad - 500 025.

Sanco Pharmaceuticals,

Karappuzha, Kottayam - 686 003.

Santhigiri Ayurveda Vaidyasala,

Koliyakode, Trivandrum 695 607.

Shakthi Industries,

9/67/46, Booradavari Street, Kothapet, Vijayawada - 520 001.

Sheth Brothers,

30, GIDC, Vittalwadi, Bhav Nagar.

Shilpa chem,

47 - D, Industrial Estate, Fort, Indore - 452 006 (M.P.)

Shiv herbal research laboratory Pvt. Ltd.,

Subhash road, Nagpur - 440 018.

Shiv Herbal Research Lab. Pvt. Ltd.,

Plot No. S - 19, MIDC, Hingna, Nagpur.

Shri Sharma Ayurveda Mandir,

Datiya, Madhya pradesh - 475 661.

Siddhi Pharmacy Pvt. Ltd.,

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Solumiks Division,

Shree Dhoot Papeswar Ltd.135, N Desai Road, Bombay - 400 004.

Spalabs Pvt.Ltd.,

4-1.(122) Industrial Suburb, Rajaji Nagar, Bangalore 560 010.

Sreedhary Pharmaceuticals,

Kurichithanam, PIN - 600 10.

Sudhama Ashramam,

Tenali (A.P.)

Sujanil chemo industries,

69, Vanvaadi, Pune - 411 040.

Sunros Pharma,

Jivdani Road, Varar - 401 303.

Surya Ayurveda Nilayam, (Sri),

Pithapuram - 533 450. E.G. Dist., (A.P.)

Swastik Formulations P. Ltd.,

C.K. 36/1-A, Bansphatak, Varanasi - 221 001. (U.P.)

Syndy Pharma,

Kavali, Andhra Pradesh.

Tarun pharmacy,

62, Mangal vaara, Bhopal.

Tarun pharmacy,

15, Maharaana pratap nagar. Zone - 1, Paheli manzil, Bhopal.

Triguna Ayurvedic Research Laboratory,

47, Friends Colony, Marhura Road, New Delhi - 110 065.

Trio pharma,

3008 G.I.D.C Phase IV., Vatva, Ahmedabad - 382 445.

TTK Pharma Pvt. Ltd.,

Old Truck Road, Madras - 600 043.

Tulisan Pharma,

118 - East moti bagh, Saraaya rohillia, Delhi - 7.

Uma Ayurved Bhawan P. Ltd,

Kasganj, PIN - 207 123. (U.P.)

Unexo Laboratories,

Industrial Area, Shalamar, Delhi - 110 052.

United Pharmaceuticals,

619/21, Chattarpur, Delhi - 30.

Universal Ayurved,

545/C, Shanti Nagar, Nagpur - 2.

Universal Medicaments (P) Ltd,

PB No. 308, Nagpur - 440 002.

Upakaran pharmaceuticals,

25, Maha raana pratap nagar, Zone 2, Bhopal - 462 011.

UPA Pharmaceuticals Pvt. Ltd.,

Boisar, Dist. Thane.

V.N. Pharma,

1st. floor, Sukh Sadan, Anand Bawa Chakala, Jamnagar - 361 001.

V.V. Pharmaceuticals,

Mittal, Industrial Estate, 218, Sanjay Building, No. 2, Andheri (E),
Bombay - 400 059.

Vaishnavi Ayurveda Pharmacy,

109, Ananda Nagar, Khairatabad, Hyderabad - 500 004. (A.P.)

Varun Pharmacy,

H. No. 19-294/1, Achi Reddy Nagar, Vattipally, Falaknumma,
Hyderabad - 500 253.

Vasu Pharmaceuticals P. Ltd,

967/4, GIDC, Makarpura, Vadodara, PIN - 390 010.

Vasudeva Vilasam Ayurveda Pharmacy,

Fort, Trivandrum- 695 023.

Venkateswara Ayurveda Nilayam,

Chintaluru - 533 232 (A.P.)

Vijayasramam, (Sri),

Patamata Lanka, Vijayawada - 14. (A.P.)

Vikas Pharma,

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Vima Cosmetic Ind.,

Block No. 1441, Babhasa - 391 440.

Vindhya Herbals Pvt. Ltd.,

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Virogo Pharmceuticals,

Unjha Pharmacy Building, Station Road, Unjha- 384 170.(Gujarat)

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Yamuna nagar - 135 001.

Yogi Pharmacy,

Lashkar Road, P.O. Gurukul, Kangari, Haridwar (U.P.)

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Indian Herbs Research & Supply Company,

Post Box No. 5, Sharda Nagar, Saharanpur - 247 001. (U.P.)

Jains Special Herbs, (Dr.),

Raj Industrial Complex, Unit No. A-10, 2nd floor, Military Road,
Marol, Andheri (East), Bombay - 400 059

Kishanlal Dawasaz,

21-2-156, Gulzar House, Hyderabad - 500 002.

Kishanlal Madanlal,

15-7-368, Begum bazar, Hyderabad - 500 012. (A.P.)

Koheda Herbal Estates,

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Lala Dawasaz,

21-2-67, Urdu Shareef, Hyderabad - 500 002. (A P)

Munnalal Dawasaz,

Afzal gunj, Hyderabad - 12. (A.P)

Murupilla Sri Ramulu's Vana mulika Aushadha Nilayam,

Mazid Lane, Main bazar, Vijayawada - 520 001. (A P.)

Nagarjuna Herbal Concentrates Ltd.,

Kalayanthani P.O., Thodupuzha - 685 588, Kerala.

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Asst. Prof., S.V. Ayurvedic College & Hospital, Tirupati. (On long leave)

Member :

- * Society for Scientific Study of Sex, USA
- * American Association for Advanced Preventive Psychology.

Sex education column writer :

- * Andhra Bhoomi weekly, Jyothi Chitra weekly, Maa Family Doctor monthly.

Chief Consultant :

- * S.V. Clinic & Research Centre, 3-6-430, Upstairs, Himayat Nagar Old Post Office, Street No. 4, Hyd.-9. Phone & Fax : (040)7617088. [Friday to Monday]
- * 118, Amrit Ville, Opp. Yashoda Hospital, Rajbhavan Road, Somajiguda, Hyderabad - 500 482. Phone & Fax : (040) 3322884. [Friday to Monday]

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Residence (Tirupati) : 71-B, Vinayak Nagar Quarters, Tirupati - 517507.

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A. CONVERSION TABLE

WEIGHTS AND MEASURES DESCRIBED IN AYURVEDIC CLASSICS
AND THEIR METRIC EQUIVALENTS

| | | |
|--------------------|--------------|------------------|
| 1 Ratti or Gunja | = | 125 mg. |
| 8 Rattis or Gunjas | = 1 Maasha | = 1 g. |
| 12 Maashas | = 1 Karsha | = 12 g. |
| 2 Karshs (Tolas) | = 1 Sukti | = 24 g. |
| 2 Suktis | = 1 Palam | = 48 g. |
| 2 Palams | = 1 Prasruti | = 96 g. |
| 2 Prasrutis | = 1 Kudava | = 192 g. |
| 2 Kudavas | = 1 Maanika | = 384 g. |
| 2 Maanikas | = 1 Prastha | = 768 g. |
| 4 Prasthas | = 1 Aadhaka | = 3 kg, 73 g. |
| 4 Aadhakas | = 1 Drona | = 12 kg, 288 g. |
| 2 Dronas | = 1 Soorpa | = 24 kg, 576 g. |
| 2 Soorpas | = 1 Droni | = 49 kg, 152 g. |
| 4 Dronis | = 1 Khari | = 196 kg, 608 g. |
| 1 Palam | = | 48 g. |
| 100 Palams | = 1 Tula | = 4 kg, 800 g. |
| 20 Tulas | = 1 Bhaara | = 96 kg. |

In the case of Liquids, the metric equivalents would be the corresponding litre and millilitre.

| B. MEAN HEIGHTS AND WEIGHTS AND RECOMMENDED ENERGY INTAKE | | | | |
|--|---------------------|---------------------|---------------------|---|
| Category | Age in years | Weight in kg | Height in cm | Energy needs in Kcal. (with range) |
| Infants | 0.0 - 0.5 | 6 | 60 | kg x 115 (95 - 145) |
| | 0.5 - 1.0 | 9 | 71 | kg x 105 (80 - 135) |
| Children | 1-3 | 13 | 90 | 1300 (900 - 1800) |
| | 4-6 | 20 | 112 | 1700 (1300 - 2300) |
| | 7-10 | 28 | 132 | 2400 (1650 - 3300) |
| Males | 11-14 | 45 | 157 | 2700 (2000 - 3700) |
| | 15-18 | 66 | 176 | 2800 (2100 - 3900) |
| | 19-22 | 70 | 177 | 2900 (2500 - 3900) |
| | 23-50 | 70 | 178 | 2700 (2300 - 3100) |
| | 51-75 | 70 | 178 | 2400 (2000 - 2800) |
| | 76+ | 70 | 178 | 2050 (1650 - 2450) |
| | 11-14 | 46 | 157 | 2200 (1500 - 3000) |
| | 15-18 | 55 | 163 | 2100 (1200 - 3000) |
| Females | 19-22 | 55 | 163 | 2100 (1700 - 2500) |
| | 23-50 | 55 | 163 | 2000 (1600 - 2400) |
| | 51-75 | 55 | 163 | 1800 (1400 - 2200) |
| | 76+ | 55 | 163 | 1600 (1200 - 2000) |
| Pregnancy Lactation | | | | +300 +500 |

C. BALANCED DIET PER DAY (In Grams)

| C. BALANCED DIET PER DAY (In Grams) | | | | | | | | | | | | | |
|-------------------------------------|-----------|-----------|------------|-----------|-----------|------------|-----------------|-------------------|-----------|-----------|----------|---------------------|----------------------|
| Food Item | MAN | | | WOMEN | | | | | CHILDREN | | | BOYS 10-12 years | GIRLS 10-12 years |
| | Min. work | Med. work | Heavy work | Min. work | Med. work | Heavy work | Pregnan (extra) | Lactating (extra) | 1-3 years | 4-6 years | 7-9 year | | |
| Cereal | 480 | 520 | 670 | 410 | 440 | 575 | 35 | 60 | 175 | 270 | 340 | 420 | 380 |
| Pulses | 40 | 50 | 60 | 40 | 45 | 50 | 15 | 30 | 35 | 35 | 40 | 45 | 45 |
| Leafy veg'ble | 40 | 40 | 40 | 100 | 100 | 100 | - | - | 40 | 50 | 50 | 50 | 50 |
| Other veg'ble | 60 | 70 | 80 | 40 | 40 | 50 | - | - | 20 | 30 | 35 | 50 | 50 |
| Roots & tubers | 50 | 60 | 80 | 50 | 50 | 60 | - | - | 10 | 20 | 25 | 30 | 30 |
| Milk | 150 | 200 | 250 | 100 | 150 | 200 | 100 | 100 | 300 | 250 | 250 | 250 | 250 |
| Oil&fat | 20 | 20 | 20 | 20 | 20 | 20 | 10 | 25 | 25 | 25 | 25 | 22 | 22 |
| Sugar / Jaggar | 30 | 35 | 55 | 20 | 20 | 40 | 10 | 10 | 30 | 40 | 45 | 45 | 45 |
| Fruits | 60 | 60 | 60 | 60 | 60 | 60 | - | - | 60 | 60 | 60 | 60 | 60 |

| D. VACCINATION SCHEDULE (NATIONAL IMMUNIZATION PROGRAM) | | | |
|--|--|---|---------------------------------------|
| VACCINE | PERIOD | DOSE | BOOSTER DOSE |
| B.C.G. | Soon after birth or at 6 weeks. | 1, intra dermal | - |
| D.P.T. | 6 weeks - 9 months | 3, intramuscular at monthly interval | First booster 18 - 24 months (1 dose) |
| POLIO | 6 weeks - 9 months | 3, oral at monthly interval | First booster 18 - 24 months (1 dose) |
| MEASLES | 9 months - 15 months | 1, subcutaneous | - |
| D.T. | 5 - 6 years | 1, intramuscular | - |
| TYPHOID | 5 - 6 years | 2, subcutaneous, 6 weeks interval | 10 years |
| T.T. | 10 years | 1, intramuscular | Every 5 - 10 years |
| T.T. (Pregnant) | First, any time of 1 st contact. Second, 6 - 8 weeks later. | 2, First pregnancy 1, Subsequent pregnancies | |

E. LIST OF NORMAL VALUES*Blood Count : (Haematological values)*

| | |
|-------------------------------------|--|
| Red cells (RBCs / Erythrocytes) ... | Males : 4.5 - 6.5 million per cu. mm. |
| | Female : 3.9 - 5.6 million per cu. mm. |
| White cells (WBC / Leucocytes) ... | 4,000 - 11,000 per cu. mm. |
| a) Neutrophils | 3,000 - 6,000 per cu. mm. (60 - 70%) |
| b) Eosinophils | 150 - 400 per cu. mm. (1.0 - 4%) |
| c) Basophils | 0 - 100 per cu. mm. (0 - 1%) |
| d) Monocytes | 350 - 800 per cu. mm. (5 - 10%) |
| e) Lymphocytes | 1,500 - 2,700 per cu. mm. (25 - 30%) |
| Platelets | 250,000 - 450,000 per cu. mm. |
| Reticulocytes | 0.5 - 1.5% of RBCs |
| Haemoglobin | Males : 14 - 17 gm per 100 ml. |
| (100% = 14.5 gm per 100 ml.) | Females : 12 - 15.5 gm per 100 ml. |
| Bleeding time | 2 - 5 minutes (3.25 min) |
| Coagulation time | 6 - 7 minutes in glass tube. |
| | 19 - 60 minutes in silicon tube. |
| | 5 - 11 minutes (Dale and Laidlaw) |
| Pothrombin time | 11 - 16 seconds |
| E.S.R. | Men : 3 - 5 mm. in 1 hour |
| | Women : 4 - 7 mm. in 1 hour |
| Total blood volume | 78 - 97 kg. body weight. |

BIOCHEMICAL VALUES

| | |
|-------------------------|-------------------------|
| Bilirubin | 0.3 - 1.0 mg / dl. |
| Calcium | 8.5 - 10.5 mg / 100 ml. |
| Chloride | 340 - 380 mg / 100 ml. |
| Cholesterol | 150 - 280 mg / 100 ml. |
| Creatinine | 0.6 - 1.7 mg / dl. |
| Glucose (Fasting) | 70 - 110 mg / 100 ml. |
| Glucose (Random) | 70 - 160 mg / 100 ml. |
| Proteins | |
| Albumin | 4.0 - 5.0 g / 100 ml. |
| Globulin | 2.0 - 3.0 g / 100 ml. |
| Sodium | 3.0 - 3.5 mg / ml. |
| Urea nitrogen | 8 - 24 mg / 100 ml. |
| Urea | 15 - 40 mg / dl. |
| Uric acid | 3.0 - 7.0 mg / 100 ml. |
| Vitamin A | 20 - 50 mg / dl. |

Systemwise classification of J. & J. DeChane Ayurvedic formulations/conditions in which useful

ALIMENTARY SYSTEM

| | |
|--------------------------|---------------------------------|
| Antidiarrhoeals | : DIASYN |
| Cirrhosis | : HERBITARS |
| Digestives | : SAL PHOS, GASTROMONE, BIO-SAL |
| Hepato-biliary stimulant | : HERBITARS |
| Jaundice | : KYNOTOMINE, HERBITARS |
| Laxatives | : SPOLAX |

CARDIO-VASCULAR SYSTEM

| | |
|--------------------|-----------------------|
| Anti-hypertensives | : VITESSON, GRANDI-CO |
| Haemostatics | : CHINIUMCO |

CENTRAL NERVOUS SYSTEM

| | |
|------------------|------------|
| Anti-convulsants | : VITESSON |
|------------------|------------|

MUSCULO-SKELETAL DISORDERS

| | |
|---------------------|------------------|
| Myalgia | : CHESOL, RUBZON |
| Rheumatic disorders | : REMORIN |
| Rubefacients | : RUBZON, CHESOL |

NUTRITION

| | |
|--------------------|---------------------|
| Appetite stimulant | : SAL PHOS, BIO-SAL |
|--------------------|---------------------|

SKIN

| | |
|-----------------------|-----------|
| Soothing & Protective | : RIPANTO |
|-----------------------|-----------|

RESPIRATORY SYSTEM

| | |
|-------------------|----------------------------|
| Allergic Rhinitis | : IOBINE |
| Antitussive | : KOFLYN, DANGINE, MEDITAB |
| Epistaxis | : CHINIUMCO |
| Whooping cough | : DANGINE |

GENITO-URINARY SYSTEM

| | |
|------------------|-----------------------------|
| Leucorrhoea | : BRAHAMDINE |
| Dysmenorrhoea | : BRAHAMDINE, CHINIUMCO |
| Menorrhagia | : CHINIUMCO, BRAHAMDINE |
| Male Climacteric | : SENZINE, VITESSON, NEVOSS |

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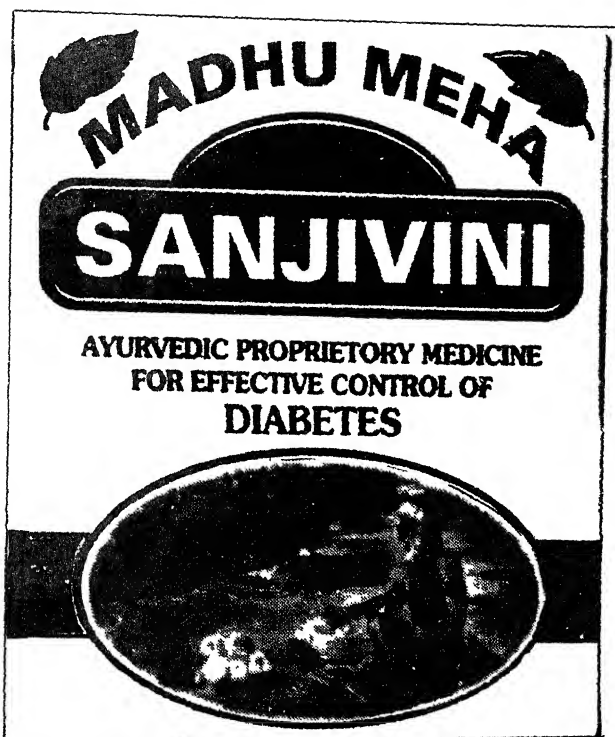
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